Workout #1157 - Monday, 08 January 2001 Group 3 - All

1 minute rest between sets

	5:15 PM	Start		
Yards	Set	Description	EGY	WC
=====	====		===	==
	1 or	n 30:00 Stomach and Stretch		
800	1 x	800 on 16:00 Swim-kick-pull-swim	REC	
	12x{1 x	15 on :00 Freestyle	SP3	
	{1 x	10 on :30 Freestyle	REC	
	1x{6 x	75 on 1:35 Kick	EN2	
	{5 x	75 on 1:30 Kick	EN2	
	{4 x	75 on 1:25 Kick	EN2	
175	7 x	25 on :40 Sprint kick	EN2	
	1x{3 x	100 on 1:30 Lungbuster pulls	EN1	
	{4 x	100 on 1:25 Lungbuster pulls	EN1	
	{5 x	100 on 1:20 Lungbuster pulls	EN1	
200	8 x	25 on :30 IM order-build	EN1	
2,000	5 x	400 on 5:00 Freestyle	EN2	
300	12 :	k 25 on :25 IM order	EN1	
400	8 x	50 on 1:00 Stroke Drills	REC	
	7:42 PM	6,500 Yards - Stress Value = 91		

Workout #1156 - Monday, 08 January 2001 HighSchl - All

1 minute rest between sets

	3:00	PM Start		
Yards	Se	et Description	EGY	WOF
=====	==		===	===
		on 30:00 Stomach and Stretch		
		x 800 on 14:00 Swim-kick-pull-swim		
180	12	2 x 15 on :30 Shooters	SP3	
1,000	1x{3	x 150 on 3:00 Kick	EN2	
	{ 3	x 100 on 2:00 Kick	EN2	
	{ 3	x 50 on 1:00 Kick	EN2	
	{ 1	x 100 on 3:00 Kick for time	EN2	
1,100	2x{2	x 200 on 2:45 Pulls	EN1	
	{ 3	x 50 on 1:00 Pulls only 4 brths	EN1	
450	3x{1	x 50 on :50 Freestyle 2 beat kck	EN1	
	{ 1	x 50 on :50 Freestyle 4 beat kck	EN1	
	{ 1	x 50 on :50 Freestyle 6 beat kck	EN1	
3,800	1x{3	x 300 on 3:45 Freestyle	EN2	
	{ 2	x 300 on 3:40 Freestyle	EN2	
	{ 1	x 300 on 3:35 Freestyle	EN2	
	{ 1	x 200 on 3:00 Freestyle	REC	
	{ 1	x 300 on 3:35 Freestyle	EN2	
	{ 2	x 300 on 3:30 Freestyle	EN2	
	{ 3	x 300 on 3:25 Freestyle	EN2	
200	1	x 200 on 3:00 Freestyle	REC	
	5:31	PM 7,530 Yards - Stress Value = 116	5	

Workout #1160 - Tuesday, 09 January 2001 Group 3 - All

1 minute rest between sets

Yards	4:00 PM Set	Start Description	EGY	WC
=====	====		===	==
825	1 x	825 on 16:00 Swim-kick-pull-swim	REC	
	12x{1 x	15 on :00 Butterfly	SP3	
	{1 x	10 on :30 Freestyle	REC	
	1x{6 x	50 on 1:05 Kick des in sets of3	EN2	
	{6 x	50 on 1:00 Kick des in sets of3	EN2	
	{6 x	50 on :55 Kick des in sets of3	EN2	
	1x{5 x	75 on 1:10 Pulls L.25 4 brths	EN1	
	{5 x	75 on 1:05 Pulls L. 25 2 brths	EN1	
	{4 x	75 on 1:00 Pulls L. 25 3 brths	EN1	
250	10 2	k 25 on :25 Freestyle 4 or 6	EN1	
	bea	at kick		
	4x{3 x	150 on 2:15 Backstroke	EN2	
	{4 x	50 on 1:00 Backstroke-100%	EN3	

300 6 x 50 on 1:00 Stroke Drills REC 1 on 30:00 Stomach and Stretch 6:26 PM 6,225 Yards - Stress Value = 122

Workout #1158 - Tuesday, 09 January 2001 HighSchl - All 1 minute rest between sets

	5:30 AM	Start					
Yards	Set	Descri	ption		EGY	WORK	STF
=====	====				===		===
	1 or	1 25:00	Weigh	nts		L	DRY
600	1 x	600 on	10:00) Stroke Drills	REC	D	CHC
	10x{1 x	15 on	:00 Ba	ackstroke	SP3	S	BF
	{1 x	10 on	:30 Fi	reestyle	REC	S	FF
	1x{1 x	500 on	6:15	Pulls	EN1	P	FF
	{1 x	400 on	5:00	Pulls	EN1	P	FF
	{1 x	300 on	3:45	Pulls	EN1	P	FF
	{1 x	200 on	2:30	Pulls	EN1	P	FF
	{1 x	100 on	1:15	Pulls	EN1	P	FF
	1x{3 x	200 on	3:30	Breaststroke	EN2	S	BF
	{3 x	150 on	2:35	Breaststroke	EN2	S	BF
	{3 x	100 on	1:40	Breaststroke	EN2	S	BF
	{1 x	300 on	4:30	Stroke Drills	REC	D	CI
	7:00 AM	4,000	Yards	- Stress Value	= 48	3	

Workout #1159 - Tuesday, 09 January 2001 HighSchl - All

Yards		PM et De		t ption		EGY	WOF
	1		2 - 0 0	C+ cm	ash and Ctratah		
600					ach and Stretch	DEC	
600						REC	
150	10	0×1	5 on	:30	Shooters	SP3	
800	8	x 10	on (1:50	Kick des in sets of4	EN2	
	1x{2	x 20	on (2:50	Pulls	EN1	
	{ 2	x 22	5 on	3:10	Pulls	EN1	
	{ 2	x 25	on (3:30	Pulls	EN1	
900	9	x 10	on (1:30	Descend in sets of 3	EN2	
	1x{6	x 10	on (1:35	Backstroke	EN2	
	{ 5	x 10	on (1:30	Backstroke	EN2	
	{ 4	x 10	on (1:25	Backstroke	EN2	
	{ 3	x 10	on (1:20	Backstroke	EN2	
100	4	x 25	on	:00 0	ff the blocks	EN1	
300	1	x 30	on O	4:30	Stroke Drills	REC	
	1	on 1	00:0	Tech	niques-relay srt		
					s - Stress Value = 90		

Workout #1165 - Wednesday, 10 January 2001 Group 3 - All

1 minute rest between sets

5:15 PM Start		
Yards Set Description	EGY	WORF
	===	====
1 on 30:00 Stomach and Stretch		I
800	REC	Ι
150	SP3	٤
$1x{4 \times 25}$ on :40 Sprint kick	EN2	F
{2 x 100 on 2:00 Kick	EN2	F
$\{4 \times 25 \text{ on } : 40 \text{ Sprint kick}$	EN2	F
{2 x 100 on 1:50 Kick	EN2	F
$\{4 \times 25 \text{ on } : 40 \text{ Sprint kick}$	EN2	F
{2 x 100 on 1:40 Kick	EN2	F
$\{4 \times 25 \text{ on } : 40 \text{ Sprint kick}$	EN2	F
$1x\{2 x 400 \text{ on } 5:30 \text{ Pulls}$	EN1	E
$\{1 \times 400 \text{ on } 5:15 \text{ Pulls}$	EN1	E
{4 x 100 on 1:15 Pulls	EN1	E
300 1 x 300 on 5:00 Every 3rd lap your	EN1	٤
stroke fast		
$2x{2 x 200 on 3:30 Breaststroke}$	EN2	٤
{4 x 50 on 1:00 25 under H20 25 fast	EN2	٤
{2 x 100 on 1:45 Breaststroke	EN2	٤
{4 x 50 on 1:00 25 under H20 25 fast	EN2	٤
400 8 x 50 on 1:00 Stroke Drills	REC	Ι

Workout #1163 - Wednesday, 10 January 2001 HighSchl - Breast

7:45 PM 6,250 Yards - Stress Value = 85

1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Team meeting/dryland		
800	1 x 800 on 14:00 Reverse IM drill	REC	
180	12 x 15 on :30 Shooters	SP3	
1,200	1x{2 x 200 on 4:00 Kick	EN2	
	{2 x 200 on 3:45 Kick	EN2	
	{2 x 200 on 3:30 Kick	EN2	
1,800	$1x{4 x 150 on 2:15 Pulls last 50 6 brth}$	EN1	
	$\{4 \times 150 \text{ on } 2:15 \text{ Pulls last } 50 \text{ 5 brth}$	EN1	
	{4 x 150 on 2:15 Pulls last 50 4 brth	EN1	
500	10 x 50 on :50 25 stroke 25 free	EN1	
1,800	$2x{2 \times 200 \text{ on } 3:20 \text{ Breaststroke}}$	EN2	
	{3 x 100 on 1:50 Breaststroke-descend	EN2	
	{4 x 50 on 1:00 25 under H20 25 fast	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	5:31 PM 6,480 Yards - Stress Value = 90		

Workout #1161 - Wednesday, 10 January 2001 HighSchl - Distance 1 minute rest between sets

Yards	3:00 PM Start Set Description	EGY WOF
	1 on 20.00 Moon mosting/devilond	
0.00	1 on 30:00 Team meeting/dryland	DEC
800		REC
180	12 x 15 on :30 Shooters	SP3
1,200	1x{2 x 200 on 4:00 Kick	EN2
	{2 x 200 on 3:45 Kick	EN2
	{2 x 200 on 3:30 Kick	EN2
1,800	$1x{4 x 150 on 2:15 Pulls last 50 6 brth}$	EN1
	$\{4 \times 150 \text{ on } 2:15 \text{ Pulls last } 50 \text{ 5 brth}$	EN1
	{4 x 150 on 2:15 Pulls last 50 4 brth	EN1
500	10 x 50 on :50 25 stroke 25 free	EN1
2,500	1x{1 x 1000 on 12:30 Freestyle	EN2
	{2 x 500 on 6:00 Freestyle	EN2
	{5 x 100 on 1:10 Freestyle	EN2
300	1 x 300 on 5:00 Stroke Drills	REC

5:31 PM 7,280 Yards - Stress Value = 104

Workout #1162 - Wednesday, 10 January 2001 HighSchl - Fly & Back 1 minute rest between sets

	3:00 PM Start	
Yards	Set Description	EGY WOF
		=== ===
	1 on 30:00 Team meeting/dryland	
800	1 x 800 on 14:00 Reverse IM drill	REC
180	12 x 15 on :30 Shooters	SP3
	1x{2 x 200 on 4:00 Kick	EN2
	{2 x 200 on 3:45 Kick	EN2
	{2 x 200 on 3:30 Kick	EN2
	$1x{4 \times 150}$ on 2:15 Pulls last 50 6 brth	EN1
	{4 x 150 on 2:15 Pulls last 50 5 brth	EN1
	{4 x 150 on 2:15 Pulls last 50 4 brth	EN1
500	10 x 50 on :50 25 stroke 25 free	EN1
	1x{4 x 125 on 2:00 100 free 25 stroke	EN2
	{4 x 125 on 2:00 75 free 50 stroke	EN2
	{4 x 125 on 2:00 50 free 75 stroke	EN2
	{4 x 125 on 2:00 25 free 100 stroke	EN2
300	1 x 300 on 4:00 Stroke Drills	REC
	5:31 PM 6,780 Yards - Stress Value = 94	
	.,	

Workout #1164 - Wednesday, 10 January 2001 HighSchl - Sprint 1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Team meeting/dryland		
800	1 x 800 on 14:00 Reverse IM drill	REC	
180	12 x 15 on :30 Shooters	SP3	
1,200	1x{2 x 200 on 4:00 Kick	EN2	
	{2 x 200 on 3:45 Kick	EN2	
	{2 x 200 on 3:30 Kick	EN2	
1,800	$1x{4 x 150 on 2:15 Pulls last 50 6 brth}$	EN1	
	{4 x 150 on 2:15 Pulls last 50 5 brth	EN1	
	{4 x 150 on 2:15 Pulls last 50 4 brth	EN1	
500	10 x 50 on :50 25 stroke 25 free	EN1	
1,800	$2x{6 x 100 on 1:30 Descend in sets of 3}$	EN2	
	{12 x 25 on :30 Freestyle-Evens all	EN2	
	{ out with only 2 brth		
300	1 x 300 on 5:00 Stroke Drills	REC	
	5:30 PM 6,580 Yards - Stress Value = 90		

Workout #1168 - Thursday, 11 January 2001 Group 3 - All 1 minute rest between sets

Workout #1169 - Friday, 12 January 2001 Group 3 - All

	5:15 PM Start				5:15 AM Start		
Yards	Set Description	EGY		Yards	Set Description		WORF
825 210	1 on 30:00 Stomach and Stretch 1 x 825 on 15:00 Swim-kick-pull-swim 14 x 15 on :30 Pit sprints 1 on 8:00 Techniques-STARTS 3x{6 x 50 on 1:00 Descend in sets of 3		===	425 210	1 x 425 on 8:00 Swim-kick-pull-swim 14 x 15 on :30 Cross pool sprints 1x{2 x 100 on 1:45 Pulls {2 x 100 on 1:40 Pulls {2 x 100 on 1:35 Pulls		S S F F
200	{1 x 100 on 2:00 Kick FOR TIME 1x{1 x 500 on 7:05 Pulls {1 x 400 on 5:30 Pulls {1 x 300 on 4:00 Pulls {1 x 200 on 2:35 Pulls {1 x 100 on 1:15 Pulls 8 x 25 on :30 IM order-build 3x{1 x 50 on :00 Freestyle {1 x 50 on 2:00 Freestyle {1 x 75 on :00 Freestyle {1 x 75 on 3:00 Freestyle {1 x 100 on 0:00 Freestyle {1 x 100 on 0:00 Freestyle {1 x 100 on 5:00 Freestyle	EN2 EN1 EN1 EN1 EN1 EN1 SP2 REC SP2 REC SP2 REC		400	{2 x 100 on 1:30 Pulls {2 x 100 on 1:25 Pulls {2 x 100 on 1:20 Pulls { No breath last 25 1x{3 x 150 on 2:30 100 fly 50 back { 3 x 150 on 2:30 100 back 50 breast { 3 x 150 on 2:30 100 breast 50 free { 3 x 150 on 2:30 100 free 50 fly	EN1 EN1 EN1 EN1 EN1 EN1 REC	E E S S S S
	7:45 PM 5,685 Yards - Stress Value = 11	6			1 minute rest between sets		
	Workout #1166 - Thursday, 11 January 2001 HighSchl - All				5:00 PM Start Set Description E		WORK
Yards	1 minute rest between sets 5:30 AM Start Set Description EGY WORK 1 on 25:00 Weights L			500 180 1,000	1 on 15:00 Dryland and stretch 1 x 500 on 10:00 Sculling drills 12 x 15 on :30 Pit sprints	SP3 EN2	L D S K D
600	1 x 600 on 10:00 Choice REC S 10x{1 x 15 on :00 Breaststroke SP3 S {1 x 10 on :30 Freestyle REC S 1x{6 x 75 on 1:10 Pulls EN1 P {6 x 75 on 1:05 Pulls EN1 P {6 x 50 on :45 Pulls EN1 P	FR			8 x 50 on 1:00 Stroke Drills F 6:59 PM 4,080 Yards - Stress Value = 12	SP1 REC 27	S D
2,000	{6 x 50 on :40 Pulls EN1 P 5 x 400 on 5:00 Freestyle EN2 S last one do drill	FR	1:		Workout #1170 - Friday, 12 January 2001 HighSchl - All 1 minute rest between sets		
	7:00 AM 4,350 Yards - Stress Value = 60				5:30 AM Start		
	Workout #1167 - Thursday, 11 January 2001			Yards	Set Description EGY WC		
	HighSchl - All 1 minute rest between sets 3:00 PM Start	500		600	1 x 600 on 10:00 Choice REC 12x{1 x 15 on :00 Choice SP3 {1 x 10 on :30 Freestyle REC 1x{3 x 300 on 4:30 Pulls EN1	S S S P	CHO CHO FR FR
1,800 450	Set Description 1 on 30:00 Stomach and Stretch 1 x 800 on 16:00 400 skps 400 rev IM 12 x 15 on :30 Shooters 4x{1 x 100 on 2:00 Kick {1 x 100 on 1:55 Kick {1 x 100 on 1:50 Kick 2x{3 x 200 on 2:45 Pulls {3 x 100 on 1:30 Pulls 9 x 50 on :45 Freestyle 1x{3 x 200 on 2:30 Freestyle {3 x 50 on 1:00 Your Stroke {3 x 200 on 2:25 Freestyle {3 x 50 on 1:00 Your Stroke {3 x 200 on 2:20 Freestyle {3 x 50 on 1:00 Your Stroke {3 x 400 on 6:00 Stroke Drills 5:31 PM 7,080 Yards - Stress Value = 95	= ===	C 33 22 22 1 1 1 1 2 1 1 2 1 1 2 1	600 300	{3 x 300 on 4:00 Freestyle EN1 {3 x 200 on 3:00 Pulls EN1 {3 x 200 on 2:40 Freestyle EN1 {3 x 100 on 1:30 Pulls EN1 {3 x 100 on 1:20 Freestyle EN1 {3 x 50 on :45 Pulls EN1 {3 x 50 on :40 Freestyle EN1 6 x 100 on 1:15 Freestyle EN2 choose your interval as fast as you can make it 6 x 50 on 1:00 Stroke Drills REC 7:00 AM 5,700 Yards - Stress Value = 59		FR FR FR FR FR FR CD

	Workout #1171 - Friday, 12 January 2001		Yards	Set Description	EGY	WOF
Yards	HighSchl - All 1 minute rest between sets 3:00 PM Start Set Description	EGY WOF	600	1 x 600 on 12:00 Swim-kick-pull-swim 12 x 15 on :30 Shooters 1 on 15:00 Techniques-free trns 1x{3 x 125 on 2:00 Pulls L. 25 3 brths {3 x 125 on 1:55 Pulls L. 25 2 brths	REC SP3	===
600 150 1,050 1,050	1 on 15:00 Stomach and Stretch 1 x 600 on 10:00 Swim-kick-pull-swim 10 x 15 on :30 Shooters 21 x 50 on 1:00 Kick Descend in sets of 3 14 x 75 on 1:05 Pulls odds br 5-7-9 evens br 4-6-8 6x{8 x 25 on :30 Butterfly {1 on 1:00 Rest	REC SP3 EN2 EN1	300	1x{3 x 250 on 3:30 Freestyle {2 x 250 on 3:25 Freestyle {1 x 250 on 3:20 Freestyle	EN1 EN1 EN2 EN2 EN2 EN2 REC	
300	<pre>1 x 300 on 5:00 Stroke Drills 1 on 12:00 Run the Guantlet!!!! 4:59 PM 4,350 Yards - Stress Value = 61</pre>	REC		Workout #1176 - Monday, 15 January 2001 HighSchl - All		

Workout #1174 - Saturday, 13 January 2001 Group 3 - All 1 minute rest between sets

8:30 AM Start Yards Set Description EGY WO ===== 1 on 30:00 Stomach and Stretch 825 1 x 825 on 16:00 Swim-kick-drill-swim REC 12 x 15 on :30 Backstroke-under H2O SP3 $8x{1 x 75 on 1:30 Kick}$ EN3 EN2 $\{1 \times 75 \text{ on } 1:20 \text{ Kick} \}$ $1x{4 \times 250 \text{ on } 3:45 \text{ Pulls}}$ EN1 {3 x 250 on 3:35 Pulls EN1 {2 x 250 on 3:25 Pulls EN1 400 4 x 100 on 1:45 Individual Medley EN1

Workout #1173 - Saturday, 13 January 2001 HighSchl - All

16 x 75 on 1:30 Freestyle

1 x 400 on 6:00 Stroke Drills 11:01 AM 6,455 Yards - Stress Value = 154

1 minute rest between sets

	6:00 AM Start	
Yards	Set Description	EGY
=====	=======================================	===
	1 on 25:00 Weights	
1,000	1 x 1000 on 18:00 Swim-kick-drill swim	REC .
	kick w/out a board	
	12x{1 x 15 on :00 Freestyle	SP3
	$\{1 \times 10 \text{ on } : 30 \text{ Freestyle}$	REC
	1x{3 x 125 on 2:30 Kick	EN2
	{3 x 125 on 2:25 Kick	EN2
	{3 x 125 on 2:20 Kick	EN2
	{1 x 125 on 2:15 Kick	EN2
	1x{5 x 100 on 1:20 Pulls	EN1
	{4 x 100 on 1:15 Pulls	EN1
	{3 x 100 on 1:10 Pulls	EN1
400	4 x 100 on 1:45 Individual Medley	EN1
1,800	12 x 150 on 2:15 Free des in 3's each	EN3
	sets avg should be	
	faster	
600	24 x 25 on :30 IM order	EN1
400	8 x 50 on 1:00 Stroke Drills	REC
	8:30 AM 6,950 Yards - Stress Value = 163	

Workout #1175 - Monday, 15 January 2001 HighSchl - All 1 minute rest between sets

1 minute rest between sets

	2:00	PM	I St	cart				
Yards	Se	et	Des	crip	otion		EGY	WOF
=====	==	-==	====				===	===
	1	on	30:	:00	Stoma	ach and Stretch		
600	1	Х	600	on	10:00	O Swim-kick-pull-swim	REC	
180	12	2 x	: 15	on	:30	Shooters	SP3	
	2x{1	Х	100	on	2:00	Kick	EN1	
	{ 1	Х	100	on	1:50	Kick	EN2	
	{ 1	Х	100	on	2:00	Kick	EN2	
	{ 1	Х	100	on	1:40	Kick	EN2	
	1x{2	Х	150	on	2:15	Pulls	EN1	
	{ 2	Х	150	on	2:10	Pulls	EN1	
	{ 2	Х	150	on	2:05	Pulls	EN1	
300	6	Х	50 0	on 1	1:00	25 free 25 stroke	EN1	
	1x{2	Х	300	on	4:00	Freestyle	EN2	
	{ 2	Х	300	on	3:55	Freestyle	EN2	
	{ 2	Х	300	on	3:50	Freestyle	EN2	
	{ 1	Х	300	on	3:45	Freestyle	EN2	
	{ 4	Х	50 0	on 1	1:00	Stroke Drills	REC	
	1	on	10:	:00	Techi	niques-relay str		
	4:06	PM	I 5,0	080	Yard	s - Stress Value = 75		

Workout #1178 - Tuesday, 16 January 2001 Group 3 - All 1 minute rest between sets

	4:00 PM Start		
Yards	Set Description	EGY	N
=====	=======================================	===	=
1,025	1 x 1025 on 20:00 Swim-kick-drill-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{3 x 150 on 3:00 Kick	EN2	
	{3 x 150 on 2:50 Kick	EN2	
	{2 x 150 on 2:40 Kick	EN1	
1,500	12 x 125 on 1:50 Lungbuster pulls	EN1	
	br 3-4-5-6-7		
400	1 x 400 on 7:00 Individual Medley	EN1	
	1x{3 x 200 on 2:30 Freestyle	EN2	
	{3 x 200 on 2:25 Freestyle	EN2	
	{3 x 200 on 2:20 Freestyle	EN2	
600	6 x 100 on 2:00 Stroke Drills	REC	
	1 on 30:00 Stomach and Stretch		
	6:28 PM 6,705 Yards - Stress Value = 83		

1,200

400

Workout #1177 - Tuesday, 16 January 2001 HighSchl - All

1 minute rest between sets

	5:30 AM Start			
Yards	Set Description	EGY	WORK	٤
=====	=======================================	===	====	=
	1 on 25:00 Weights		L	Ι
600	1 x 600 on 12:00 Reverse IM drill	REC	D	
180	12 x 15 on :30 Shooters	SP3	S	F
	$1x{1 \times 800 \text{ on } 12:00 \text{ Freestyle}}$	EN1	P	
	{2 x 400 on 5:30 Pulls	EN1	P	
	$1x\{6 \times 50 \text{ on } :55 \text{ Backstroke}$	EN1	S	
	{6 x 50 on :45 Backstroke	EN1	S	
	{6 x 50 on :40 Backstroke	EN1	S	
250	10 x 25 on :40 Stroke Drills	REC	D	
	7:01 AM 3,530 Yards - Stress Value =	32		

Workout #1179 - Wednesday, 17 January 2001 Group 3 - All

1 minute rest between sets

	5:15	ΑN	1 St	art	Ξ				
Yards	Se	et	Desc	crip	ption			EGY	WORF
=====	==	===		-==				===	====
425	1	Х	425	on	8:00	Swim-kick-pull-sv	√im	REC	٤
210	14	4 2	k 15	on	:30 0	Cross pool sprints	3	SP3	٤
	1x{9	Х	50 c	on :	:45 Pı	ılls		EN1	E
	{ 7	Х	100	on	1:25	Pulls		EN1	E
	{ 5	Х	150	on	2:00	Pulls		EN1	F
	1x{1	Х	200	on	3:00	Freestyle		EN2	٤
	{ 2	Х	100	on	1:15	Individual Medley	Į	EN2	٤
	{ 1	Х	200	on	2:50	Freestyle		EN2	٤
	{ 2	Х	100	on	1:20	Individual Medley	Į	EN2	٤
	{ 1	Х	200	on	2:40	Freestyle		EN2	٤
	{ 2	Х	100	on	1:25	Individual Medley	Į	EN2	٤
	{ 1	Х	200	on	2:30	Freestyle		EN2	٤
	{ 2	Х	100	on	1:30	Individual Medley	Į	EN2	٤
300	6	Х	50 c	on 1	1:00 8	Stroke Drills		REC	Ι
	6:29	ΑN	1 4.4	135	Yards	s - Stress Value =	= 59	9	

Workout #1181 - Wednesday, 17 January 2001 Group 3 - All

1 minute rest between sets

Yards	5:15 PM Start Set Description	EGY	WORK
		===	
	1 on 30:00 Stomach and Stretch		L
800	8 x 100 on 2:00 Stroke Drills	REC	D
	2 on each stroke		_
	,	SP3	
		REC	S
		EN2	
	(EN2	
	{4 x 100 on 1:40 Kick	EN2	
		EN1	_
	${7 \times 50 \text{ on :} 45 \text{ Pulls}}$	EN1	P
	$\{7 \times 50 \text{ on } : 40 \text{ Pulls}$	EN1	P
300	3 x 100 on 1:30 Freestyle-descend	EN1	S
	$1x{1 \times 200 \text{ on } 3:15 \text{ Backstroke}}$	EN2	S
	{1 x 200 on 3:05 Backstroke	EN2	S
	{1 x 200 on 2:55 Backstroke	EN2	S
	{6 x 50 on 1:00 Backstroke-100%	EN3	S
	{1 x 150 on 2:15 Backstroke	EN2	S
	{1 x 150 on 2:10 Backstroke	EN2	S
	{1 x 150 on 2:00 Backstroke	EN2	S
	{6 x 50 on 1:00 Backstroke-100%	EN3	S
	{1 x 100 on 1:25 Backstroke	EN2	S
	{1 x 100 on 1:20 Backstroke	EN2	S
	{1 x 100 on 1:15 Backstroke	EN2	S
	{6 x 50 on 1:00 Backstroke-100%	EN3	S
600	12 x 50 on 1:00 Stroke Drills	REC	D

7:45 PM 6,500 Yards - Stress Value = 127

Workout #1180 - Wednesday, 17 January 2001 HighSchl - All

1 minute rest between sets

	3:00 PM Start			
Yards	Set Description	EGY	WORK	STF
	=======================================	===	====	===
	1 on 30:00 Stomach and Stretch		L	DRY
800	8 x 100 on 2:00 Stroke Drills	REC	D	IN
	2 on each stroke			
180	12 x 15 on :30 Shooters	SP3	S	Bľ
	1 on 10:00 Techniques-free trns		D	FF
	1x{3 x 100 on 2:00 Kick	EN2	K	CHC
	{3 x 75 on 1:30 Kick	EN2	K	CHC
	{3 x 50 on 1:00 Kick	EN2	K	CHC
	{3 x 25 on :30 Kick	EN2	K	CHC
	{ descend all sets			
	$1x{2 x 150 on 2:15 Pulls}$	EN1	P	FF
	{2 x 150 on 1:55 Pulls	EN1	P	FF
	{2 x 150 on 2:05 Pulls	EN1	P	FF
	{ br 3-5-7 by the 50			
	6x{2 x 100 on 1:30 Your Stroke	EN1	S	STF
	$\{2 \times 50 \text{ on } 1:00 \text{ Stroke Drills}$	REC	D	STF
	1 on 15:00 Techniques-relay str		D	
	5:19 PM 4,430 Yards - Stress Value	= 43	3	

Workout #1185 - Thursday, 18 January 2001 Group 3 - All

	5:15 PM Start Set Description	EGY WOF
=====		=== ===
	1 on 30:00 Stomach and Stretch	
800	1 x 800 on 15:00 Reverse IM drill	REC
	1 on 9:00 Techniques-turns	
	2x{1 x 100 on 2:00 Kick	EN2
	{1 x 100 on 1:55 Kick	EN2
	{1 x 100 on 1:50 Kick	EN2
	{1 x 100 on 1:45 Kick	EN2
	{1 x 100 on 1:40 Kick	EN2
	1x{5 x 50 on 1:00 Pulls-nbbf&w	EN1
	{5 x 50 on :55 Pulls-nbbf&w	EN1
	{5 x 50 on :50 Pulls-nbbf&w	EN1
	{5 x 50 on :45 Pulls-nbbf&w	EN1
300		
	$1x{4 x 100 on 1:50 Breaststroke}$	EN1
	$\{4 \times 25 \text{ on } : 45 \text{ Breast odds OTB} \}$	
	{4 x 100 on 1:45 Breaststroke	
	$\{4 \times 25 \text{ on } : 45 \text{ Breast odds OTB} \}$	
	{4 x 100 on 1:40 Breaststroke	EN2
	{4 x 25 on :45 Breast odds OTB	
	{4 x 100 on 1:35 Breaststroke	EN2
	$\{4 \text{ x } 25 \text{ on } : 45 \text{ Breast odds OTB} \}$	EN2
	{4 x 100 on 1:30 Breaststroke	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	7:45 PM 5,700 Yards - Stress Value = 75	

Workout #1182 - Thursday, 18 January 2001 HighSchl - All

1 minute rest between sets

	5:30 AM Start			
Yards	Set Description	EGY	WORK S	Ξ
=====	=======================================	===	==== =	=
	1 on 25:00 Weights		LI	-
400	1 x 400 on 8:00 Choice	REC	D (-
180	12 x 15 on :30 Shooters	SP3	S	
	$1x{4 \times 100}$ on 1:35 Lungbuster pulls	EN1	P	
	{3 x 100 on 1:30 Lungbuster pulls	EN1	P	
	{2 x 100 on 1:25 Lungbuster pulls	EN1	P	
700	7 x 100 on 1:35 Individual Medley	EN1	S	
	des in 3's #7all out			
	$1x\{6 \times 25 \text{ on } : 35 \text{ Butterfly}$	EN1	SI	3
	{6 x 25 on :30 Backstroke	EN1	S	
	{6 x 25 on :40 Breaststroke	EN1	S	
	$\{6 \times 25 \text{ on } : 25 \text{ Freestyle} \}$	EN1	S	
250	5 x 50 on 1:00 Stroke Drills	REC	D	
	1 on 5:00 Techniques-relay str		D	
	7:03 AM 3,030 Yards - Stress Value =	31		

Workout #1183 - Thursday, 18 January 2001 HighSchl - All

1 minute rest between sets

	3:00 PM Start			
Yards	Set Description	EGY	WORK	٤
=====	=======================================	===	====	=
	1 on 30:00 Stomach and Stretch		L	Ι
800	1 x 800 on 15:00 Reverse IM drill		D	
180	12 x 15 on :30 Shooters	SP3	S	
	2x{1 x 150 on 3:00 Kick	EN2	K	(
	{1 x 100 on 2:00 Kick	EN2	K	(
	{1 x 50 on 1:00 Kick	EN2	K	(
	1x{2 x 125 on 1:50 Pulls	EN1	P	
	{2 x 125 on 1:45 Pulls	EN1	P	
	{2 x 125 on 1:40 Pulls	EN1	P	
	$1x{3 \times 100 \text{ on } 1:30 \text{ Freestyle}}$	EN1	S	
	{4 x 25 on :30 Breaststroke	EN2	S	
	{3 x 100 on 1:25 Freestyle	EN2	S	
	{6 x 25 on :30 Breaststroke	EN2	S	
	{3 x 100 on 1:20 Freestyle	EN2	S	
	{8 x 25 on :30 Breaststroke	EN2	S	
	{3 x 100 on 1:15 Freestyle	EN2	S	
	{10 x 25 on :30 Breaststroke	EN2	S	
300	6 x 50 on 1:00 Stroke Drills	REC	D	
	1 on 20:00 Techniques-relay str		D	
	5:16 PM 4,530 Yards - Stress Value =	60		

Workout #1184 - Thursday, 18 January 2001 HighSchl - Cavadinis,Mark,Brian 1 minute rest between sets

	3:00 PM Start	
Yards	Set Description	EGY WOF
=====	=======================================	=== ===
	1 on 30:00 Stomach and Stretch	
1,000	1 x 1000 on 15:00 Reverse IM drill	
180	12 x 15 on :30 Shooters	SP3
	4x{1 x 150 on 2:30 Kick	EN2
	{1 x 100 on 1:40 Kick	EN2
	{1 x 50 on :50 Kick	EN2
	1x{10 x 150 on 1:50 Pulls	EN1
300	1 x 300 on 4:30 Every 3rd lap stroke	EN1
	1x{4 x 100 on 1:10 Freestyle	EN2
	{4 x 25 on :25 Breaststroke	EN2
	{4 x 100 on 1:10 Freestyle	EN2
	{6 x 25 on :25 Breaststroke	EN2
	{4 x 100 on 1:10 Freestyle	EN2
	{8 x 25 on :25 Breaststroke	EN2
	{4 x 100 on 1:10 Freestyle	EN2

 $\{10 \text{ x } 25 \text{ on } : 25 \text{ Breaststroke} \}$ 400 8 x 50 on 1:00 Stroke Drills REC 5:20 PM 6,880 Yards - Stress Value = 95

Workout #1187 - Friday, 19 January 2001 HighSchl - All

1 minute rest between sets

	8:00	AM Start	5		
Yards	Se	et Descrip	ption	EGY	WC
=====	==			===	==
	1	on 10:00	Stretching		
800	1	x 800 on	14:00 Swim-kick-drill-swim	REC	
180	12	2 x 15 on	:30 Shooters	SP3	
	1	on 15:00	Techniques-trns		
	1x{2	x 125 on	1:55 Pulls L. 25 4 brths	EN1	
	{2	x 125 on	1:50 Pulls L. 25 3 brths	EN1	
	{2	x 125 on	1:45 Pulls L. 25 2 brths	EN1	
	1x{1	x 150 on	2:30 100 fly 50 back	EN1	
	{1	x 150 on	2:30 100 back 50 brst	EN1	
	1	x 150 on	2:30 100 brst 50 free	EN1	
	•		2:30 100 free 50 fly	EN1	
200	,		4:00 Stroke Drills	REC	
			Techniques-relay str		
			Yards - Stress Value = 21		

Workout #1189 - Friday, 19 January 2001 HighSchl - All

	2:00 PM Start		
Yards	Set Description	EGY	WC
=====	=======================================	===	==
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 14:00 Swim-kick-drill-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1 on 8:00 Techniques-open trns		
	1x{3 x 100 on 2:00 Kick-descend	EN2	
	{3 x 100 on 1:50 Kick-descend	EN2	
	$1x\{6 \times 75 \text{ on } 1:05 \text{ Lungbuster pulls}$	EN1	
	{4 x 75 on 1:00 Lungbuster pulls	EN1	
300	3 x 100 on 1:30 Freestyle-descend	EN1	
	1x{5 x 100 on 1:35 Individual Medley	EN1	
	{4 x 100 on 1:20 Freestyle	EN2	
	{3 x 100 on 1:30 Your Stroke	EN2	
	{2 x 100 on 1:35 #2 stroke	EN2	
	{1 x 100 on 1:40 Your weak stroke	EN2	
	{1 x 400 on 6:00 Stroke Drills	REC	
	4:00 PM 4,530 Yards - Stress Value = 54		

2:00 PM Start

Workout #1186 - Friday, 19 January 2001 HighSchl - Cavadinis,Mark,Brian 1 minute rest between sets

	8:00 AM Start		
Yards	Set Description	EGY	WC
=====		===	==
	1 on 10:00 Stretching		
800	1 x 800 on 14:00 Swim-kick-drill-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{3 x 100 on 2:00 Kick	EN2	
	$\{3 \times 50 \text{ on } 1:00 \text{ Kick no board}$	EN2	
	{3 x 100 on 1:50 Kick	EN2	
	{3 x 50 on 1:00 Kick	EN2	
	1x{3 x 125 on 1:50 Pulls	EN1	
	{3 x 125 on 1:45 Pulls	EN1	
	{4 x 125 on 1:40 Pulls	EN1	
300	12 x 25 on :30 IM order-build	EN1	
	2x{5 x 100 on 1:30 Butterfly	EN2	
	$\{4 \times 75 \text{ on } 1:05 \text{ Butterfly} \}$	EN2	
	{3 x 50 on :45 Butterfly	EN2	
	$\{2 \times 25 \text{ on } : 25 \text{ Butterfly} \}$	EN2	
	{1 x 400 on 5:30 Stroke Drills	REC	
	9:58 AM 6,230 Yards - Stress Value = 81		

Workout #1188 - Friday, 19 January 2001 HighSchl - Cavadinis,Mark,Brian 1 minute rest between sets

Yards	Set Desc:		EGY	WC ==
		00 Stomach and Stretch		
800	1 x 800 0	on 14:00 Swim-kick-drill-swim	REC	
180	12 x 15 0	on :30 Shooters	SP3	
	1x{4 x 100	on 1:30 Kick with flippers	EN2	
	{3 x 100	on 1:25 Kick with flippers	EN2	
	{2 x 100	on 1:20 Kick with flippers	EN2	
	{1 x 100	on 1:15 Kick with flippers	EN2	
		n 1:05 Pulls	EN1	
		n 1:00 Pulls	EN1	
	•	n :45 Pulls	EN1	
	{6 x 50 o	n :40 Pulls	EN1	
150			EN1	
		on 1:30 Individual Medley		
		n :25 Butterfly	EN2	
		on 1:25 Individual Medley	EN2	
	•	n :25 Backstroke	EN2	
	{3 x 100 0	on 1:20 Individual Medley	EN2	
	•	n :25 Breaststroke	EN2	
		on 1:15 Individual Medley	EN2	
		n :25 Freestyle	EN2	
		on 3:00 Stroke Drills 30 Yards - Stress Value = 72	REC	

Workout #1190 - Saturday, 20 January 2001 Group 3 - All

1 minute rest between sets

Yards	8:30 Se				t ption		EGY	WC
=====	==	-=-					===	==
0.25	_					ach and Stretch Swim-kick-drill-swim	DEC	
825	_		8∠5 boai		15:00	J Swim-Rick-drill-swim	REC	
1.50	_				20	2	252	
150						Cross pool sprints	SP3	
	υ	ınc	der h	120	dolph	nin		
	1x{2	Х	100	on	2:00	Kick	EN2	
	{ 2	Х	100	on	1:55	Kick	EN2	
	{ 2	Х	100	on	2:00	Kick	EN2	
	{ 2	Х	100	on	1:50	Kick	EN2	
	{ 2	Х	100	on	2:00	Kick	EN2	
	{ 2	Х	100	on	1:45	Kick	EN2	

	{ no brst kick on choi	
	1x{1 x 100 on 1:30 Pulls	EN1
	${3 \times 50 \text{ on } 1:00 \text{ Pulls only 5 brths}}$	EN1
	{2 x 100 on 1:25 Pulls	EN1
	$\{3 \times 50 \text{ on } :55 \text{ Pulls only 4 brths}$	EN1
	{3 x 100 on 1:20 Pulls	EN1
	${3 \times 50 \text{ on } :50 \text{ Pulls only 3 brths}}$	EN1
	{4 x 100 on 1:15 Pulls	EN1
	${3 \times 50 \text{ on :} 45 \text{ Pulls only 2 brths}}$	EN1
300	12 x 25 on :30 IM order-build	EN1
2,000	10 x 200 on 3:00 Challenge set!!!!!!	EN3
500	10 x 50 on 1:00 Stroke Drills	REC
	10:59 AM 6,575 Yards - Stress Value = 17	1

Workout #1191 - Monday, 22 January 2001 Group 3 - All

1 minute rest between sets

Yards	5:15 AM Start Set Description	EGY WO
iaias	bee bescription	HOI WC
=====		=== ==
425	1 x 425 on 8:00 Stroke Drill	REC
210	14 x 15 on :30 Cross pool sprints	SP3
	1x{1 x 500 on 7:00 Pulls	EN1
	{2 x 250 on 3:25 Pulls	EN1
	{5 x 100 on 1:20 Pulls	EN1
300	1 x 300 on 5:00 Every other 50 your	EN1
	stroke fast	
1,800	12 x 150 on 2:15 Descend in sets of 3	EN3
	descend each set	
200	1 x 200 on 3:00 Stroke Drills	REC
	6:31 AM 4,435 Yards - Stress Value = 134	

Workout #1195 - Monday, 22 January 2001 Group 3 - All

		PM Start		
Yards	Se	et Description	EGY	WORK
=====	==		===	====
	1	on 30:00 Stomach and Stretch		L
800	8	x 100 on 2:00 Stroke Drills	REC	D
	(odds free evens choi		
	1	on 10:00 Techniques-free trns		D
	1x{4	x 75 on 1:30 Kick	EN2	K
	{ 4	x 75 on 1:15 Kick	EN2	K
	{ 4	x 75 on 1:30 Kick	EN2	K
	{ 4	x 75 on 1:15 Kick	EN2	K
	1x{2	x 200 on 2:50 Pulls	EN1	P
	{ 2	x 200 on 2:45 Pulls	EN1	P
	{ 2	x 200 on 2:40 Pulls	EN1	P
400	4	x 100 on 1:45 Individual Medley	EN1	S
	1x{1	x 800 on 11:00 Freestyle	EN2	S
	{ 1	x 800 on 13:00 Individual Medley	EN2	S
	{ 1	x 800 on 10:00 Freestyle	EN2	S
500	5	x 100 on 2:00 Stroke Drills	REC	D
	7:46	PM 6,500 Yards - Stress Value = 8	88	

Ctart

3 • U D DM

250

EGY WORK

EN2

Workout #1193 - Monday, 22 January 2001 HighSchl - All 1 minute rest between sets

	3:00 PM Staft		
Yards	Set Description	EGY	WOF
=====	=======================================	= ===	===
	1 on 25:00 Stomach and Stretch		
600	1 x 600 on 12:00 Swim-kick-pull-swim	n REC	
180	12 x 15 on :30 Shooters	SP3	
	1 on 10:00 Techniques-relay str		
600	12 x 50 on 1:00 Kick-des in 3's	EN2	
	1x{1 x 200 on 2:45 Pulls	EN1	
	{1 x 200 on 2:40 Pulls	EN1	
	{1 x 200 on 2:35 Pulls	EN1	
	{1 x 200 on 2:30 Pulls	EN1	
1,600	4 x 400 on 5:30 Freestyle	EN2	

Workout #1196 - Monday, 22 January 2001 HighSchl - All

4:58 PM 4,030 Yards - Stress Value = 59

5 x 50 on 1:00 Stroke Drills

1 on 10:00 Techniques-relay str

1 minute rest between sets

	5:30 PM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 10:00 Stretching		I
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	٤
180	12 x 15 on :30 Shooters	SP3	٤
	1 on 15:00 Techniques-turn dril		Ι
	$1x{6 x 75 on 1:10 Freestyle}$	EN1	٤
	$\{6 \times 75 \text{ on } 1:05 \text{ Freestyle}$	EN1	٤
	$\{6 \times 75 \text{ on } 1:00 \text{ Freestyle}$	EN1	٤
200	1 x 200 on 4:00 Stroke Drills	REC	Ι
	1 on 20:00 Techniques-starts		Ι
	6:56 PM 2,130 Yards - Stress Value = 19	9	

Workout #1192 - Monday, 22 January 2001 HighSchl - Cavadinis,Mark,Brian 1 minute rest between sets

5:30 AM Start Yards Set Description ===== 800 1 x 800 on 12:00 Swim-kick-pull-swim REC $12x\{1 \times 15 \text{ on } : 00 \text{ Freestyle}$ SP3 $\{1 \times 10 \text{ on } : 30 \text{ Freestyle} \}$ REC $1x{1 \times 500 \text{ on } 6:40 \text{ Pulls}}$ {2 x 250 on 3:20 Pulls EN1 {5 x 100 on 1:20 Pulls EN1 $\{10 \times 50 \text{ on } : 40 \text{ Pulls}$ EN1 $1x{3 \times 300}$ on 3:50 Freestyle EN2 {3 x 100 on 1:30 Butterfly EN2 ${3 \times 300 \text{ on } 3:40 \text{ Freestyle}}$ EN2 ${3 \times 100 \text{ on } 1:30 \text{ Butterfly}}$ EN2 500 10 x 50 on 1:00 Stroke Drills REC 7:01 AM 6,000 Yards - Stress Value = 75

Workout #1194 - Monday, 22 January 2001 HighSchl - Cavadinis,Mark,Brian 1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WOF
	=======================================	===	===
	1 on 25:00 Stomach and Stretch		
800	1 x 800 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1 on 10:00 Techniques-relay str		
1,000	8 x 125 on 2:15 Kick	EN2	

	1x{8	Х	50	on	:50	Pι	ills-nbbf&	N		EN1
	8 }	Х	50	on	:45	Pι	ills-nbbf&	N		EN1
	8 }	Х	50	on	:40	Pι	ills-nbbf&	N		EN1
300	3	Х	100	on	1:4	40	Individua	l Medley		EN1
2,000	5	Х	400	on	5:2	20	Freestyle			EN1
500	5	Х	100	on	2:0	00	Stroke Dr	ills		REC
	5:17	PI	4 5 .	980	Yaı	rds	s - Stress	Value =	62	

Workout #1199 - Tuesday, 23 January 2001 Group 3 - All

4:00 PM Start

Set Description

 $10x\{1 \times 15 \text{ on } : 00 \text{ Backstroke}$

 $1x{1 x 125 on 2:30 Kick}$

 $\{1 \times 10 \text{ on } : 30 \text{ Freestyle} \}$

Yards

REC

825

1 minute rest between sets

1 x 825 on 15:00 Reverse IM drill REC D

	{2 x	125 on 2:25	Kick	EN2	K
	{3 x	125 on 2:20	Kick	EN2	K
	{4 x	125 on 2:15	Kick	EN2	K
	1x{3 x	150 on 2:15	Pulls	EN1	P
	{3 x	150 on 2:05	Pulls	EN1	P
	{3 x	150 on 1:55	Pulls	EN1	P
	{ bre	athe 5-6-7 k	y 50s		
400	8 x	50 on :50 Fr	eestyle-build	EN1	S
	1x{8 x	50 on 1:15 E	Pulls	EN2	P
	{2 x	200 on 3:20	Breaststroke	EN2	S
	{6 x	50 on 1:10 E	Pulls	EN2	P
	{2 x	150 on 2:25	Breaststroke	EN2	S
	{4 x	50 on 1:05 E	Pulls	EN2	P
	{2 x	100 on 1:35	Breaststroke	EN2	S
	{2 x	50 on 1:00 E	Pulls	EN2	P
	{2 x	50 on :45 Br	reaststroke	EN2	S
250	1 x	250 on 4:00	Stroke Drills	REC	D
	1 on	30:00 Stoma	ch and Stretch		L

Workout #1197 - Tuesday, 23 January 2001 HighSchl - All 1 minute rest between sets

6:30 PM 6,325 Yards - Stress Value = 87

i minute rest between

Yards	5:30 AM Start Set Description	EGY	WORK	٤
=====		===	====	=
	1 on 25:00 Weights		L	Γ
400	1 x 400 on 8:00 Reverse IM drill	REC	D	
	1 on 10:00 Techniques-starts		D	
700	1 x 700 on 10:30 Pulls	EN1	P	
300	3×100 on 1:30 Freestyle-descend to	EN1	S	
	ridiculous speed			
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 15:00 Techniques-free trns		D	
	Stanford turn drill			
	6:50 AM 1,600 Yards - Stress Value =	10		

Workout #1198 - Tuesday, 23 January 2001 HighSchl - Cavadinis,Mark,Brian 1 minute rest between sets

	5:30 AM Start			_
Yards	Set Description	EGY	WORK	٢
	=======================================	===	====	=
	1 on 25:00 Weights		L	Γ
600	1 x 600 on 10:00 Reverse IM drill	REC	D	
	$8x{1 x 15 on :00 Backstroke}$	SP3	S	
	{1 x 10 on :30 Freestyle	REC	S	
	1x{2 x 175 on 2:30 Pulls	EN1	P	
	{2 x 175 on 2:25 Pulls	EN1	P	
	Yards Set Description 1 on 25:00 Weights 600 1 x 600 on 10:00 Reverse IM dri 8x{1 x 15 on :00 Backstroke {1 x 10 on :30 Freestyle 1x{2 x 175 on 2:30 Pulls {2 x 175 on 2:25 Pulls {2 x 175 on 2:20 Pulls {2 x 175 on 2:15 Pulls {2 x 175 on 1:10 Freestyle {3 x 75 on 1:05 Freestyle {3 x 75 on 1:00 Freestyle {4 x 25 on :30 Choice 250 1 x 250 on 4:00 Stroke Drills		P	
	Set Description 1 on 25:00 Weights 1 x 600 on 10:00 Reverse IM dri 8x{1 x 15 on :00 Backstroke {1 x 10 on :30 Freestyle 1x{2 x 175 on 2:30 Pulls {2 x 175 on 2:25 Pulls {2 x 175 on 2:20 Pulls {2 x 175 on 2:15 Pulls {2 x 175 on 1:10 Freestyle {3 x 75 on 1:05 Freestyle {3 x 75 on 1:00 Freestyle {4 x 25 on :30 Choice 1 x 250 on 4:00 Stroke Drills		P	
	$2x{3 x 75 on 1:10 Freestyle}$	EN1	S	
	${3 \times 75 \text{ on } 1:05 \text{ Freestyle}}$	EN1	S	
	${3 \times 75 \text{ on } 1:00 \text{ Freestyle}}$	EN1	S	
	{4 x 25 on :30 Choice	EN1	S	(
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	7:00 AM 4,000 Yards - Stress Value =	35		

Workout #1200 - Wednesday, 24 January 2001 Group 3 - All

1 minute rest between sets

	5:15 AM	Start			
Yards	Set De	escription	n	EGY	WORF
=====	=====			===	====
425	1 x 4	25 on 8:00	O Swim-kick-pull-swim	REC	٤
210	14 x	L5 on :30	Cross pool sprints	SP3	٤
	sets	of 3 all	from a		
	dive				
1,200	3 x 4	00 on 5:30) Pulls	EN1	E
	1x{8 x 2	5 on :30 (Choice	EN1	
	{2 x 2	5 on :15 H	Freestyle	EN2	
		on :25 (EN2	
	{2 x 2	5 on :15 H	Freestyle	EN2	
	{8 x 2	on :20 (Choice	EN2	-
	{2 x 2	5 on :15 H	Freestyle	EN2	
200	1 x 2	00 on 3:00) Freestyle	REC	٤
	1x{4 x 1	00 on 1:15	5 Freestyle	EN2	٤
	{1 on	:30 Rest			N
	{3 x 1	00 on 1:10) Freestyle	EN2	٤
	{1 on	:30 Rest			N
	{2 x 1	00 on 1:05	5 Freestyle	EN2	٤
	{1 on	:30 Rest			N
	{1 x 1	00 on 1:00) Freestyle	EN2	٤
400	8 x 5	on 1:00	Stroke Drills	REC	Ι
	6:30 AM	1,185 Yard	ds - Stress Value = 5	3	

Workout #1201 - Saturday, 27 January 2001 Group 3 - All

1 minute rest between sets

	8:30 AM Start		
Yards	Set Description	EGY	WC
=====		===	==
	1 on 30:00 Stomach and Stretch		
825	1 x 825 on 16:00 Swim-kick-drill-swim	REC	
	no board		
180	12 x 15 on :30 Cross pool sprints	SP3	
1,000	1x{1 x 200 on 4:00 Kick	EN2	
	{1 x 200 on 3:50 Kick	EN2	
	{1 x 150 on 3:00 Kick	EN2	
	{1 x 150 on 2:50 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 50 on 1:00 Kick	EN2	
	{1 x 50 on :50 Kick	EN2	
1,800	1x{3 x 200 on 2:50 Pulls	EN1	
	{3 x 200 on 2:45 Pulls	EN1	
	{3 x 200 on 2:40 Pulls	EN1	

600	6x{1	Х	50	on	:45	Fi	reestyle	EN1
	{ 1	Х	50	on	:55	Υc	our Stroke	EN1
2,400	4x{1	Х	300	on (4:3	30	Freestyle	EN1
	{ 3	Х	100	on (1:2	20	Freestyle-descend	EN2
200	1	Х	200	on (3:0	0 (Stroke Drills	REC
	11:00) <i>I</i>	MA	7,00	5 Ya	arc	ds - Stress Value = 87	

Workout #1202 - Saturday, 27 January 2001 HighSchl - All

1 minute rest between sets

	11:00 AM Start		
Yards	Set Description	EGY	WOF
		===	===
	1 on 20:00 Stomach and Stretch		
400	1 x 400 on 8:00 Swim-kick-drill-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
600	12 x 50 on 1:10 Kick-descend in 3's	EN2	
	1x{1 x 200 on 3:00 Pulls	EN1	
	{1 x 200 on 2:55 Pulls	EN1	
	$2x{1 x 50 on :55 Butterfly}$	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
	{1 x 50 on :50 Backstroke	EN1	
	{1 x 100 on 1:25 Freestyle	EN1	
	{1 x 50 on 1:00 Breaststroke	EN1	
	{1 x 100 on 1:20 Freestyle	EN1	
	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	
	{1 x 100 on 1:15 Freestyle	EN1	
75	3 x 25 on :00 Choice OTB	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 18:00 Techniques-relay str		
	12:39 PM 3,055 Yards - Stress Value = 36	5	

Workout #1203 - Saturday, 27 January 2001 HighSchl - Cavadinis, Mark, Brian 1 minute rest between sets

Yards	11:00 AM Start Set Description	EGY	WOF								
	1 on 20:00 Stomach and Stretch										
600	1 x 600 on 9:00 Swim-kick-drill-swim	REC									
750	15×50 on :55 Kick-descend in 3's	EN2									
	1x{1 x 200 on 3:00 Pulls	EN1									
	{1 x 200 on 2:55 Pulls	EN1									
	{1 x 200 on 2:50 Pulls	EN1									
	{1 x 200 on 2:45 Pulls	EN1									
	$2x{1 x 50 on :55 Butterfly}$	EN1									
	{1 x 100 on 1:30 Freestyle	EN1									
	{1 x 50 on :50 Backstroke	EN1									
	## Set Description										
	ds										
	{1 x 100 on 1:20 Freestyle	EN1									
Yards Set Description		EN1									
	{1 x 100 on 1:15 Freestyle	EN1									
75	3 x 25 on :00 Choice OTB	EN1									
200	1 x 200 on 3:00 Stroke Drills	REC									
	Tards Set Description EGY										
	12:39 PM 3,625 Yards - Stress Value = 36	5									

EGY WORK S

Workout #1205 - Monday, 29 January 2001 Group 3 - All

1 minute rest between sets

Group 3 - All 1 minute rest between sets

				5:15 AM	Start				
	5:15 PM Start		Yards	Set I	Descripti	on	EGY	WORK	STK
Yards	Set Description	EGY W	7OF =====	====			===		=== =
=====		=== =				m-kick-pull-swim			
	1 on 30:00 Stomach and Stretch		210	14 x	15 on :3	O Pit sprints	SP3	S	FR
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC		1x{1 x 3	1000 on 1	5:00 Pulls	EN1	P	FR
180	12 x 15 on :30 Shooters	SP3		{2 x !	500 on 7:	00 Pulls	EN1	P	FR
	2x{1 x 100 on 2:05 Kick	EN2		1x{6 x 5	50 on :50	Freestyle	EN1	S	FR
	{1 x 100 on 2:00 Kick	EN2		{6 x !	50 on :45	Freestyle	EN1	S	FR
	{1 x 100 on 1:55 Kick	EN2		{6 x !	50 on :40	Freestyle	EN1	S	FR
	{1 x 100 on 1:50 Kick	EN2		{6 x !	50 on :35	Freestyle	EN2	S	FR
	{1 x 100 on 1:45 Kick	EN2		{6 x 2	25 on :30	Freestyle	EN1	S	FR
	{1 x 100 on 1:40 Kick	EN2		{6 x 2	25 on :25	Freestyle	EN1	S	FR
	1x{6 x 75 on 1:10 Pulls-nbbf&w	EN1		{6 x 2	25 on :20	Freestyle	EN1	S	FR
	{6 x 75 on 1:05 Pulls-nbbf&w	EN1	400	4 x 3	100 on 1:	45 Stroke Drills	REC	D	CD
	{6 x 75 on 1:00 Pulls-nbbf&w	EN1		6:30 AM	4,260 Ya	rds - Stress Val	ue =	49	
600	6 x 100 on 1:45 Individual Medley	EN1							
	1-3 drill 4-6 swim			Worl	kout #1208 - '	Thursday, 01 February	2001		
2,400	3 x 800 on 10:00 Freestyle	EN2				Group 3 - All			
400	8 x 50 on 1:00 Stroke Drills	REC				•			
	7:45 PM 6,930 Yards - Stress Value = 97				1 minut	e rest between sets			
				5:30 AM	Start				

Yards

=====

Workout #1204 - Monday, 29 January 2001 HighSchl - All 1 minute rest between sets

Workout #1206 - Tuesday, 30 January 2001 Group 3 - All

1 minute rest between sets

		1	or	25	:00	Weigh	nts		L	Γ
	400	1	Х	400	on	7:00	Choice	REC	S	C
		8x{1	Х	15 0	on :	:00 Bı	utterfly	SP3	S	F
[{ 1	Х	10 0	on :	:30 Fi	reestyle	REC	S	
:		1x{1	Х	300	on	4:30	Pulls	EN1	Ρ	
		{ 3	Х	100	on	1:30	Freestyle-descend	EN2	S	
		{ 1	Х	300	on	4:30	Pulls	EN1	Ρ	
		{ 3	Х	100	on	1:25	Freestyle-decend	EN2	S	
		{ 1	Х	300	on	4:30	Pulls	EN1	Ρ	
		{ 3	Х	100	on	1:20	Freestyle-descend	EN2	S	
		{ 1	Х	300	on	4:30	Pulls	EN1	Ρ	
I		{ 3	Х	100	on	1:15	Freestyle-descend	EN2	S	
	500	1() x	50	on	1:00	Stroke Drills	REC	D	
		6:54	ΑM	1 3,	500	Yards	s - Stress Value =	41		

Set Description

Workout #1212 - Thursday, 01 February 2001 Group 3 - All 1 minute rest between sets

	1 minute rest between sets				- 1		~	
							Start	
	5:15 PM Start			Yards	Se	et	Description	EGY WC
Yards	Set Description	EGY	WC	=====	==			=== ==
	=======================================		==				30:00 Stomach and Stretch	
	1 on 30:00 Stomach and Stretch			800	_		800 on 16:00 Reverse IM drill	REC
800	1 x 800 on 16:00 Swim-kick-drill-swim	REC			-		15 on :00 Butterfly	SP3
180	12 x 15 on :30 Shooters	SP3			-		10 on :30 Freestyle	REC
	1x{6 x 50 on 1:05 Kick-descend in 3's	EN2			•		75 on 1:35 Kick	EN2
	{6 x 50 on 1:00 Kick-descend in 3's	EN2			{ 4	Х	75 on 1:30 Kick	EN2
	{6 x 50 on :55 Kick-descend in 3's	EN2			{ 4	Х	75 on 1:25 Kick	EN2
100	1 x 100 on 2:00 Kick for time	EN3			{ 4	Х	75 on 1:20 Kick	EN2
1,200	12 x 100 on 1:30 Lungbuster pulls	EN1			1x{4	Х	75 on 1:15 Pulls	EN1
	odds br 3-5-7-9				{ 4	Х	75 on 1:10 Pulls	EN1
	evens br 2-4-6-8				{ 4	Х	75 on 1:05 Pulls	EN1
300	1 x 300 on 5:00 Every 3rd 25 stroke	EN1			{ 4	Х	75 on 1:00 Pulls	EN1
	fast			300	1	Х	300 on 4:30 Every 3rd lap stroke	EN1
	1x{6 x 100 on 1:30 Backstroke	EN2			4x{2	Х	200 on 3:20 Breaststroke	EN2
	{6 x 50 on 1:00 Back des in 3's	EN2			•		25 on :30 Breaststroke OTB	SP2
	{6 x 100 on 1:25 Backstroke	EN2			{ 1	Х	25 on 1:00 Breaststroke drill	REC
	{6 x 50 on 1:00 Back des in 3's	EN2			{ 1	Х	25 on :30 Breaststroke OTB	SP2
	{6 x 100 on 1:20 Backstroke	EN2			{ 1	Х	25 on 1:00 Breaststroke drill	REC
	{6 x 50 on 1:00 Back des in 3's	EN2		300	1	Х	300 on 5:00 Stroke Drills	REC
300	3 x 100 on 1:30 Stroke Drills	REC			7:44 E	PM	6,100 Yards - Stress Value = 98	
	7:46 PM 6,480 Yards - Stress Value = 100							

Workout #1209 - Thursday, 01 February 2001 Group 3 - Cavadinis,Mark,Brian 1 minute rest between sets

	5:30	AM Start			
Yards	Se	et Description	EGY	WORK	٢
=====	==		===	====	=
	1	on 25:00 Weights		L	Ι
400	1	x 400 on 7:00 Choice	REC	S	(
	8x{1	x 15 on :00 Butterfly	SP3	S	E
	{ 1	x 10 on :30 Freestyle	REC	S	
	1x{1	x 300 on 4:30 Pulls	EN1	P	
	{ 3	x 100 on 1:30 Freestyle-descend	EN2	S	
	{ 1	x 300 on 4:30 Pulls	EN1	P	
	{ 3	x 100 on 1:25 Freestyle-decend	EN2	S	
	{ 1	x 300 on 4:30 Pulls	EN1	P	
	{ 3	x 100 on 1:20 Freestyle-descend	EN2	S	
	{ 1	x 300 on 4:30 Pulls	EN1	P	
	{ 3	\times 100 on 1:15 Freestyle-descend	EN2	S	
	{ 1	x 300 on 4:30 Pulls	EN1	P	
	{ 3	x 100 on 1:10 Freestyle-descend	EN2	S	
400	8	x 50 on 1:00 Stroke Drills	REC	D	
	7:00	AM 4,000 Yards - Stress Value =	50		

Workout #1210 - Thursday, 01 February 2001 HighSchl - All

1 minute rest between sets

	3:00 PM	Start		
Yards	Set	Description	EGY	WC
=====	====		===	==
	1 or	n 30:00 Stomach and Stretch		
800	1 x	800 on 16:00 Reverse IM drill	REC	
	12x{1 x	15 on :00 Butterfly	SP3	
	{1 x	10 on :30 Freestyle	REC	
800	8 x	100 on 2:00 Kick-odds fast	SP3	
1,200	3 x	400 on 5:30 Pulls	EN1	
400	8 x	50 on :50 25 stroke 25 free	EN1	
400	2 x	200 on $8:00$ #1 broken at the 100	SP2	
	10	seconds rest		
	#2	broken at the 50		
	res	st 10-20-30 secs		
600	6 x	100 on 2:00 Stroke Drills	REC	
	5:06 PM	4,500 Yards - Stress Value = 95		

Workout #1211 - Thursday, 01 February 2001 HighSchl - Cavadinis,Mark,Brian 1 minute rest between sets

	3:00 PM	Start		
Yards	Set	Description	EGY	WORK
=====	====		===	====
	1 or	n 30:00 Stomach and Stretch		L
800	1 x	800 on 16:00 Reverse IM drill	REC	D
	12x{1 x	15 on :00 Butterfly	SP3	S
	{1 x	10 on :30 Freestyle	REC	S
800	8 x	100 on 2:00 Kick-odds fast	SP3	S
1,600	4 x	400 on 5:30 Pulls	EN1	P
600	12 2	x 50 on :50 25 stroke 25 free	EN1	S
	1x{6 x	100 on 1:40 Breaststroke	EN1	S
	{5 x	75 on 1:15 Breaststroke	EN1	S
	{4 x	50 on :50 Breaststroke	EN1	S
	{3 x	25 on :25 Breaststroke	EN2	S
600	6 x	100 on 2:00 Stroke Drills	REC	S
	5:19 PM	5,950 Yards - Stress Value = 7	75	

Workout #1213 - Friday, 02 February 2001 Group 3 - All

1 minute rest between sets

5:15 AM Start Yards Set Description

==	===	==	===	-===	====			===	====
	425	1	Х	425	on	8:00	Swim-kick-pull-swim	REC	٤
	210	14	4 ×	15	on	:30 0	Cross pool sprints	EN1	٤
		1x{1	Х	300	on	4:30	Pulls	EN1	E
		{ 3	Х	100	on	1:30	Freestyle-descend	EN2	٤
		{ 1	Х	300	on	4:30	Pulls	EN1	E
		{ 3	Х	100	on	1:25	Freestyle-descend	EN2	٤
		{ 1	Х	300	on	4:30	Pulls	EN1	E
		{ 3	Х	100	on	1:20	Freestyle-descend	EN2	٤
		{ 1	Х	300	on	4:30	Pulls	EN1	E
		{ 3	Х	100	on	1:15	Freestyle-descend	EN2	٤
	200	1	Х	200	on	3:00	Freestyle	REC	٤
		1x{5	Х	25 (on :	:30 F:	reestyle	EN1	٤
		{ 5	Х	25 (on :	:25 F:	reestyle	EN1	٤
		{ 5	Х	25 (on :	:20 F:	reestyle	EN2	٤
		{ 5	Х	25 (on :	:15 F:	reestyle	EN2	٤
	500	5	Х	100	on	2:00	Stroke Drills	REC	Γ

Workout #1215 - Friday, 02 February 2001 HighSchl - All

6:31 AM 4,235 Yards - Stress Value = 44

1 minute rest between sets

	5:30 AM	Start		
Yards	Set	Description	EGY	V
=====	====		===	=
800	1 x	800 on 15:00 Swim-kick-drill-swim	REC	
	12x{1 x	15 on :00 Choice	SP3	
	{1 x	10 on :30 Freestyle	REC	
	1x{2 x	150 on 2:15 Pulls	EN1	
	{2 x	150 on 2:10 Pulls	EN1	
	{2 x	150 on 2:05 Pulls	EN1	
	6x{1 x	100 on 1:20 Individual Medley	EN2	
	{1 x	50 on :40 Freestyle	EN2	
	{1 x	50 on 1:00 Freestyle	REC	
300	3 x	100 on 2:15 Stroke Drills	REC	
	6:33 AM	3,500 Yards - Stress Value = 34		

Workout #1214 - Friday, 02 February 2001 HighSchl - Cavadinis,Mark,Brian 1 minute rest between sets

	5:30 AM	Start		
Yards	Set	Description	EGY	V
=====	====		===	=
800	1 x	800 on 15:00 Swim-kick-drill-swim	REC	
	12x{1 x	15 on :00 Choice	SP3	
	{1 x	10 on :30 Freestyle	REC	
	1x{3 x	150 on 2:00 Pulls	EN1	
	{3 x	150 on 1:55 Pulls	EN2	
	{3 x	150 on 1:50 Pulls	EN2	
	8x{1 x	100 on 1:20 Individual Medley	EN2	
	{1 x	50 on :40 Freestyle	EN2	
	{1 x	50 on 1:00 Freestyle	REC	
500	5 x	100 on 1:45 Stroke Drills	REC	
	6:46 AM	4,550 Yards - Stress Value = 53		
	6:46 AM	4,550 Yards - Stress Value = 53		

Yards

Workout #1216 - Monday, 05 February 2001 Group 3 - All 1 minute rest between sets 5:15 AM Start Set Description

EGY WOF

			<u>-</u>	
	==	===		=== ==
425	1	Х	425 on 8:00 Reverse IM drill	REC
180	12	2 2	x 15 on :30 Cross pool sprints	SP3
	ι	ıno	der h20 kick	
	1x{3	Х	125 on 1:55 Pulls	EN1
	{ 3	Х	125 on 1:50 Pulls	EN1
	{ 3	Х	125 on 1:45 Pulls	EN1
	{ 3	Х	125 on 1:40 Pulls	EN1
	1x{8	Х	75 on 1:00 Freestyle	EN2
	{ 1	Х	50 on 1:00 Freestyle	REC
	{ 6	Х	75 on :55 Freestyle	EN2
	{ 1	Х	50 on 1:00 Freestyle	REC
	{ 4	Х	75 on :50 Freestyle	EN2
	{ 1	Х	50 on 1:00 Freestyle	REC
	{ 2	Х	75 on :45 Freestyle	EN2
	{ 1	Х	50 on 1:00 Freestyle	REC
400	4	Х	100 on 1:30 Descend to ludicorus	EN2
	5	spe	eed	
200	1	Х	200 on 3:00 Freestyle	REC
	6:28	Αľ	4,405 Yards - Stress Value = 61	

Workout #1218 - Monday, 05 February 2001 HighSchl - All

1 minute rest between sets

	5:30 AM	Start		
Yards	Set	Description	EGY	WC
=====	====		===	==
	1 or	n 10:00 Stretching		
600	1 x	600 on 12:00 Swim-kick-pull-swim	REC	
	12x{1 x	15 on :00 Freestyle	SP3	
	{1 x	10 on :30 Freestyle	REC	
	1x{3 x	125 on 1:55 Freestyle	EN1	
	{3 x	125 on 1:50 Freestyle	EN1	
	{2 x	125 on 1:45 Freestyle	EN1	
	{2 x	125 on 1:40 Freestyle	EN1	
350	7 x	50 on 1:00 Stroke Drills	REC	
	6:27 AM	2,500 Yards - Stress Value = 19		

Workout #1217 - Monday, 05 February 2001 HighSchl - Cavadinis, Mark, Brian 1 minute rest between sets

	5:30 AM	Start		
Yards	Set	Description	EGY	MC
	====		===	==
	1 or	n 10:00 Stretching		
600	1 x	600 on 12:00 Swim-kick-pull-swim	REC	
	12x{1 x	15 on :00 Freestyle	SP3	
	{1 x	10 on :30 Freestyle	REC	
	1x{3 x	125 on 1:55 Pulls	EN1	
	{3 x	125 on 1:50 Pulls	EN1	
	{2 x	125 on 1:45 Pulls	EN1	
	{2 x	125 on 1:40 Pulls	EN1	
	1x{6 x	100 on 1:25 Freestyle	EN1	
	{5 x	100 on 1:20 Freestyle	EN1	
	{4 x	100 on 1:15 Freestyle	EN1	
350	7 x	50 on 1:00 Stroke Drills	REC	
	6:49 AM	4.000 Yards - Stress Value = 34		

Workout #1219 - Tuesday, 06 February 2001 Age Group - All 1 minute rest between sets

5:15 AM Start Set Description Yards

==	====	==		===				===			===	====	==
	425	1	x 4	25	on	8:00	Rever	se	IM	drill	REC	D	I
	210	14	4 x	15	on	:30 1	Pit sp	rin	nts		SP3	S	F
		1x{4	x 1	25	on	1:45	Lungb	ust	er	pulls	EN1	P	F
		{ 4	x 1	25	on	1:40	Lungb	ust	er	pulls	EN1	P	F
		{ 4	x 1	25	on	1:35	Lungb	ust	er	pulls	EN1	P	F
			br 2										
		1x{6	x 1	00	on	1:10	Frees	styl	e		EN2	S	F
		{ 1	on	1:0	00 E	Rest						M	
		{ 5	x 1	00	on	1:10	Frees	styl	e		EN2	S	F
		{ 1	on	1:0	00 E	Rest						M	
		{ 4	x 1	00	on	1:10	Frees	styl	e		EN2	S	F
		{ 1	on	1:0	00 E	Rest						M	
		{ 3	x 1	00	on	1:10	Frees	styl	.e		EN2	S	F
		{ 1	on	1:0	00 E	Rest						M	
		{ 2	x 1	00	on	1:10	Frees	styl	.e		EN2	S	F
		{ 1	on	1:0	00 E	Rest						M	
		{ 1	x 1	00	on	1:10	Frees	styl	.e		EN2	S	F
	300	1	x 3	00	on	6:00	Strok	ie I	ril	lls	REC	D	C
		6:30	AM	4,5	535	Yards	s - St	res	ss V	/alue	= 65		

Workout #1220 - Tuesday, 06 February 2001 HighSchl - All 1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WORK
=====	=======================================	===	====
	1 on 25:00 Weights		I
400	1 x 400 on 8:00 Reverse IM drill	REC	Γ
	$8x{1 x 15 on :00 Backstroke}$	SP3	٤
	$\{1 \times 10 \text{ on } : 30 \text{ Freestyle}$	REC	٤
	$1x{4 \times 50 \text{ on } 1:00 \text{ Pulls-nbbf&w}}$	EN1	E
Yards Set Description EGY W		E	
	$\{4 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w}$	EN1	E
	{4 x 50 on :45 Pulls-nbbf&w	EN1	E
450	18×25 on :30 Descend in sets of 3	EN1	٤
200	1 x 200 on 3:00 Stroke Drills	REC	Γ
	6:37 AM 2,050 Yards - Stress Value = 1	7	

Workout #1221 - Tuesday, 06 February 2001 HighSchl - Cavadinis,Mark,Brian 1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 25:00 Weights		I
600	1 x 600 on 9:00 Reverse IM drill	REC	Γ
	$8x{1 x 15 on :00 Backstroke}$	SP3	٤
	$\{1 \times 10 \text{ on } : 30 \text{ Freestyle} \}$	REC	٤
	1x{5 x 50 on 1:00 Pulls-nbbf&w	EN1	E
	{5 x 50 on :55 Pulls-nbbf&w	EN1	E
	{5 x 50 on :50 Pulls-nbbf&w	EN1	E
	{5 x 50 on :45 Pulls-nbbf&w	EN1	E
300	12×25 on :30 Descend in sets of 3	EN1	٤
1,200	6 x 200 on 3:00 Backstroke	EN1	٤
200	1 x 200 on 3:00 Stroke Drills	REC	Γ
	6:58 AM 3,500 Yards - Stress Value = 2	8	

EGY WC

Workout #1224 - Thursday, 08 February 2001 Group 3 - All 1 minute rest between sets

 $\{6 \times 50 \text{ on } : 45 \text{ Freestyle} \}$

 $\{4 \times 25 \text{ on :} 20 \text{ Freestyle}\}$

 $1x{4 x 25 on :35 Butterfly}$

{1 x 100 on 1:30 Freestyle

 $\{4 \times 25 \text{ on } : 30 \text{ Butterfly} \}$

 $\{1 \times 100 \text{ on } 1:30 \text{ Freestyle} \}$

{4 x 25 on :25 Butterfly

{1 x 100 on 1:30 Freestyle

 $\{4 \times 25 \text{ on : 20 Butterfly}\}$

1 x 300 on 4:30 Stroke Drills REC

6:48 AM 3,000 Yards - Stress Value = 22

1 x 200 on 3:00 Stroke Drills REC D CD

6:33 AM 2,000 Yards - Stress Value = 15

200

Workout #1225 - Friday, 09 February 2001 Group 3 - All

	5.45 84 81 4				1 minute rest between sets		
Yards	5:15 PM Start Set Description	EGY I	אר.		5 15 34 9		
=====	=======================================			Yards	5:15 AM Start Set Description	ECV	WOF
	1 on 30:00 Stomach and Stretch			=====	======================================		
800	1 x 800 on 15:00 Swim-kick-pull-swir	n REC		425	1 x 425 on 8:00 Swim-kick-pull-swim		
	10x{1 x 15 on :00 Breaststroke	SP3		210	_	SP3	
	$\{1 \times 10 \text{ on } : 30 \text{ Freestyle}$	REC		210	1 1	EN1	
	$1x\{6 \times 50 \text{ on } 1:05 \text{ Descend in sets of } 3$	EN2			•	EN1	
	$\{6 \times 50 \text{ on } 1:00 \text{ Descend in sets of } 3$	EN2			•	EN1	
	$\{6 \times 50 \text{ on :} 55 \text{ Descend in sets of } 3$	EN2			·	EN1	
	$\{1 \times 100 \text{ on } 2:00 \text{ Kick for time}$	EN3			•	EN1	
	$1x{2 x 150 on 2:15 Pulls}$	EN1			•	EN1	
	{1 x 150 on 1:45 Pulls	EN2			•	EN2	
	{2 x 150 on 2:10 Pulls	EN1			{3 x 100 on 1:30 Descend in sets of 3		
	$\{1 \times 150 \text{ on } 1:45 \text{ Pulls}$	EN2			{1 x 300 on 3:35 Freestyle	EN2	
	{2 x 150 on 2:05 Pulls	EN1			{3 x 100 on 1:30 Descend in sets of 3	EN2	
	{1 x 150 on 1:45 Pulls	EN2			{1 x 300 on 3:40 Freestyle	EN2	
450	18 x 25 on :30 Descend in sets of 3				{3 x 100 on 1:30 Descend in sets of 3	EN2	
	$1x{4 \times 100}$ on 1:30 Butterfly	EN2		350	7 x 50 on 1:00 Stroke Drills	REC	
	$\{1 \times 200 \text{ on } 3:00 \text{ Freestyle} \}$	EN1			6:30 AM 4,585 Yards - Stress Value = 62		
	{4 x 100 on 1:25 Butterfly	EN2					
	$\{1 \times 200 \text{ on } 3:00 \text{ Freestyle} \}$	EN1			Workout #1226 - Friday, 09 February 2001		
	$\{4 \times 100 \text{ on } 1:20 \text{ Butterfly} \}$	EN2			•		
	$\{1 \times 200 \text{ on } 3:00 \text{ Freestyle} \}$	EN1			HighSchl - All		
	{4 x 100 on 1:15 Butterfly	EN2			1 minute rest between sets		
	{1 x 200 on 3:00 Freestyle	EN1					
300	12 x 25 on :40 Stroke Drills	REC			5:30 AM Start		
	7:41 PM 6,550 Yards - Stress Value = 92			Yards	Set Description EGY WO		
	Workent #1222 Thursday 00 February 2001				1 on 10:00 Stretching		DRY
	Workout #1222 - Thursday, 08 February 2001			400			FR
	HighSchl - All				12x{1 x 15 on :00 Choice SP3		СНО
	1 minute rest between sets				{1 x 10 on :30 Freestyle REC		FR
				600	· -	Ρ	FR
	5:30 AM Start				$1x\{6 \times 50 \text{ on } :50 \text{ Freestyle} $ EN1	S	FR
Yards	Set Description EGY WOR				{6 x 50 on :45 Freestyle EN1	S	FR
=====			=		{6 x 50 on :40 Freestyle EN1	S	FR
	1 on 25:00 Weights	L DRY		300	1 x 300 on 5:00 Stroke Drills REC	D	CD
600		S CHO			6:26 AM 2,500 Yards - Stress Value = 22		
	8x{1 x 15 on :00 Butterfly SP3	S FLY					
	{1 x 10 on :30 Freestyle REC	S FR			Workout #1228 - Friday, 09 February 2001		
	$1x\{8 \times 75 \text{ on } 1:10 \text{ Freestyle} $ EN1	S FR			T' 10 11 All		

EN1 EN1

EN1

EN1

EN1

EN1

EN1

EN1

EN1

Workout #1228 - Friday, 09 February	2001
HighSchl - All	
1 minute rest between sets	

6:00 AM Start Yards Set Description

Workout #1223 - Thursday, 08 February	2001			=====	1 on 20:00 Stomach and Stretch	= ==
HighSchl - Cavadinis,Mark,Brian 1 minute - rest between sets				600	1 x 600 on 12:00 Swim-kick-drill-swim REG	С
1 initiate rest between sets				150	10 x 15 on :30 Shooters SP:	3
				500	5 x 100 on 2:00 Kick-odds fast EN	2
5:30 AM Start				600	4 x 150 on 2:15 Pulls br 4-5-6 EN	1
Yards Set Description	EGY	WORK	STK		$4x\{1 \times 200 \text{ on } 2:30 \text{ Freestyle}$	2
	===	====	===	=	{1 x 200 on 3:00 Stroke Drills REG	С
1 on 25:00 Weights		L	DRY		$1x\{4 \times 25 \text{ on } : 30 \text{ Freestyle}$	1
800 1 x 800 on 12:00 Choice	REC	S	CHO		{4 x 25 on :25 Freestyle EN	1
$8x{1 x 15 on :00 Butterfly}$	SP3	S	FLY		{4 x 25 on :20 Freestyle EN	1
$\{1 \times 10 \text{ on } : 30 \text{ Freestyle}$	REC	S	FR	300	3 x 100 on 1:45 Stroke Drills REG	С
$1x\{8 \ x \ 75 \ on \ 1:10 \ Pulls$	EN1	P	FR		7:35 AM 4,050 Yards - Stress Value = 41	
$\{6 \times 50 \text{ on } : 45 \text{ Pulls}$	EN1	P	FR		,	
$\{4 \times 25 \text{ on :} 20 \text{ Pulls}$	EN1	P	FR			

S FLY

S FR

S FLY

S FR

S FLY

S FR

S FLY

D CD

Workout #1230 - Friday, 09 February 2001 HighSchl - All 1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 20:00 Stomach and Stretch		
600	6 x 100 on 2:00 Stroke Drills	REC	
	12x{1 x 15 on :00 Choice	SP3	
	$\{1 \times 10 \text{ on } : 30 \text{ Freestyle}$	REC	
400	2 x 200 on 4:00 Kick	EN2	
600	2 x 300 on 4:15 Pulls	EN1	
300	12×25 on :30 Descend in sets of 3	EN1	
	1x{2 x 100 on 1:30 Individual Medley	EN1	
	{2 x 200 on 3:00 Individual Medley	EN1	
	{1 x 300 on 4:30 Individual Medley	EN1	
400	8 x 50 on 1:00 Stroke Drills	REC	
	4:29 PM 3,500 Yards - Stress Value = 33		

Workout #1227 - Friday, 09 February 2001 HighSchl - Cavadinis,Mark,Brian 1 minute rest between sets

	6:00 AM Start		
Yards	Set Description	EGY	WC
=====	=======================================	===	==
	1 on 20:00 Stomach and Stretch		
600	1 x 600 on 12:00 Swim-kick-drill-swim	REC	
150	10 x 15 on :30 Shooters	SP3	
600	6 x 100 on 2:00 Kick-odds fast	EN2	
750	5 x 150 on 2:15 Pulls br 4-5-6	EN1	
	$4x{1 x 200 on 2:30 Freestyle}$	EN2	
	{1 x 200 on 3:00 Stroke Drills	REC	
	$1x{4 x 25 on :30 Freestyle}$	EN1	
	$\{4 \times 25 \text{ on } : 25 \text{ Freestyle} \}$	EN1	
	$\{4 \times 25 \text{ on } : 20 \text{ Freestyle}$	EN1	
500	5 x 100 on 1:45 Stroke Drills	REC	
	7:43 AM 4,500 Yards - Stress Value = 45		

Workout #1229 - Friday, 09 February 2001 HighSchl - Cavadinis,Mark,Brian 1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY W	OF
=====	=======================================	=== =	==
	1 on 20:00 Stomach and Stretch		
600	6 x 100 on 2:00 Stroke Drills	REC	
	12x{1 x 15 on :00 Choice	SP3	
	$\{1 \times 10 \text{ on } : 30 \text{ Freestyle}$	REC	
600	3 x 200 on 3:45 Kick	EN2	
900	3 x 300 on 4:00 Pulls	EN1	
300	12×25 on :30 Descend in sets of 3	EN1	
	1x{3 x 100 on 1:30 Individual Medley	EN1	
	{3 x 200 on 3:00 Individual Medley	EN1	
	{2 x 300 on 4:30 Individual Medley	EN1	
300	6 x 50 on 1:00 Stroke Drills	REC	
	4:43 PM 4,500 Yards - Stress Value = 46		

Workout #1231 - Monday, 12 February 2001 Group 3 - All

1 minute rest between sets

	5:15 AM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
425	1 x 425 on 8:00 Swim-kick-pull-swim	REC	٤
210	14 x 15 on :30 Cross pool sprints	SP3	٤
1,200	12 x 100 on 1:30 Lungbuster pulls	EN1	Ε
	odds br 3-5-7-9		
	evens br 2-4-6-8		

	1x{3	Х	200	on	2:45	Freestyle	EN1	٤
	{ 3	Х	100	on	1:30	Butterfly	EN1	٤
	{ 3	Х	175	on	2:20	Freestyle	EN1	٤
	{ 3	Х	100	on	1:30	Backstroke	EN1	٤
	{ 3	Х	150	on	1:55	Freestyle	EN1	٤
	{ 3	Х	100	on	1:40	Breaststroke	EN1	٤
200	1	Х	200	on	3:00	Stroke Drills	REC	Γ
	6:30	ΑN	4 4.	510	Yards	s - Stress Value =	44	

Workout #1232 - Monday, 12 February 2001 HighSchl - Cavadinis,Mark,Brian 1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WORF
	=======================================	===	====
	1 on 15:00 Stretching		I
400	1 x 400 on 7:30 Swim-kick-pull-swim	REC	٤
180	12 x 15 on :30 Shooters	SP3	٤
500	5 x 100 on 1:30 Lungbuster pulls	EN1	E
	$1x{4 x 75 on 1:05 Freestyle}$	EN1	٤
	$\{4 \times 75 \text{ on } 1:00 \text{ Freestyle}$	EN1	٤
	$\{4 \times 75 \text{ on } :55 \text{ Freestyle} \}$	EN1	٤
200	1 x 200 on 35:00 Stroke Drills	REC	Γ
	6:58 AM 2.180 Yards - Stress Value = 23	1	

Workout #1233 - Tuesday, 13 February 2001 HighSchl - Cavadinis,Mark,Brian 1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 25:00 Weights		I
400	1 x 400 on 6:00 Swim-kick-pull-swim	REC	٤
180	12 x 15 on :30 Shooters	SP3	٤
600	12 x 50 on :50 Pulls-nbbf&w	EN1	E
	$1x{4 x 25 on :25 Freestyle}$	EN1	٤
	$\{4 \times 25 \text{ on } : 20 \text{ Freestyle}$	EN1	٤
	$\{2 \times 25 \text{ on :} 15 \text{ Freestyle}$	EN1	٤
200	1 x 200 on 3:00 Stroke Drills	REC	Γ
	6:28 AM 1,630 Yards - Stress Value = 15	5	

Workout #1234 - Wednesday, 14 February 2001 Group 3 - All

	5:15 AM Start	
Yards	Set Description	EGY WOF
	=======================================	=== ===
425	1 x 425 on 8:00 Swim-kick-pull-swim	REC
150	10×15 on :30 Pit sprints	SP3
	1x{6 x 75 on 1:05 Pulls	EN1
	{6 x 75 on 1:00 Pulls	EN1
	1x{1 x 200 on 3:00 Individual Medley	EN1
	${3 \times 50 \text{ on } :50 \text{ Butterfly}}$	EN1
	{1 x 200 on 2:55 Individual Medley	EN1
	{3 x 50 on :45 Backstroke	EN1
	{1 x 200 on 2:50 Individual Medley	EN1
	{3 x 50 on :55 Breaststroke	EN1
	{1 x 200 on 2:45 Individual Medley	EN1
	${3 \times 50 \text{ on } :}40 \text{ Freestyle}$	EN1
1,350	9 x 150 on 2:15 Freestyle-descend in	EN3
	sets of 3's	
200	1 x 200 on 3:00 Stroke Drills	REC
	6:31 AM 4,425 Yards - Stress Value = 11	1

	Workout #1235 - Thursday, 15 February 2001 Group 3 - All 1 minute rest between sets			400	{4 x 25 on :30 Breaststroke EN1 {8 x 25 on :20 Free odds fast EN1 8 x 50 on 1:00 Challenge set!!!!! EN2 start at 1:00 then	S S
Yards	6:30 PM Start Set Description		WOF	300	<pre>drop 5 sec. on each 1 x 300 on 5:00 Stroke Drills REC 6:32 AM 4,005 Yards - Stress Value = 42</pre>	D
800	1 on 28:00 Stomach and Stretch 1 x 800 on 16:00 Swim-kick-pull-sw 1x{3 x 125 on 2:20 Kick {3 x 125 on 2:15 Kick {2 x 125 on 2:10 Kick				Workout #1238 - Saturday, 17 February 2001 Group 3 - All 1 minute rest between sets	
300	1x{2 x 300 on 4:00 Pulls {2 x 250 on 3:20 Pulls 12 x 25 on :30 IM order-build 1x{2 x 125 on 2:00 Butterfly {1 x 100 on 1:30 Freestyle {3 x 100 on 1:35 Butterfly {1 x 100 on 1:30 Freestyle	EN1 EN1 EN2 EN1 EN2 EN1			14 x 15 on :30 Cross pool sprints	REC SP3
250	{4 x 75 on 1:10 Butterfly {1 x 100 on 1:30 Freestyle {5 x 50 on :45 Butterfly {1 x 100 on 1:30 Freestyle {6 x 25 on :20 Butterfly 1 x 250 on 5:00 Stroke Drills 8:30 PM 5,100 Yards - Stress Value =	EN2 EN1 EN1 EN2 EN2		1,500	<pre>1x{2 x 150 on 3:00 Kick {3 x 50 on :55 Kick {2 x 125 on 2:25 Kick {3 x 50 on :50 Kick {2 x 100 on 1:50 Kick {1 x 500 on 7:30 Pulls {1 x 500 on 7:15 Pulls {1 x 500 on 7:00 Pulls</pre>	EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1
	Group 3 - Platinum 1 minute rest between sets			500	{2 x 400 on 4:55 Freestyle {2 x 400 on 4:50 Freestyle 10 x 50 on 1:00 Stroke Drills	EN2 EN2 REC
Yards	6:30 PM Start Set Description		Y WC		11:00 AM 7,085 Yards - Stress Value = 98 Workout #1239 - Saturday, 17 February 2001	
600 300	1 on 28:00 Stomach and Stretch 1 x 600 on 12:00 Swim-kick-pull-s $12 \times \{1 \times 15 \text{ on } :00 \text{ Breaststroke} \}$ 1 x 10 on :30 Freestyle	wim RE SP RE	3		Group 3 - Platinum 1 minute rest between sets 8:30 AM Start	
	1x{2 x 125 on 2:40 Kick {2 x 125 on 2:35 Kick {2 x 75 on 1:30 Kick	EN EN EN	2	Yards	Set Description 1 on 30:00 Stomach and Stretch	EGY WC
600 1,000	6 x 100 on 1:35 Lungbuster pulls breathe 3-5-7-5 1x{1 x 100 on 1:45 Butterfly	EN EN	1	625 210 600	1 x 625 on 16:00 Swim-kick-drill-swim 14 x 15 on :30 Cross pool sprints $2x\{1\ x\ 150\ on\ 3:30\ Kick$	REC SP3 EN1
	{3 x 50 on 1:00 Stroke Drills {1 x 100 on 1:45 Backstroke {3 x 50 on 1:00 Stroke Drills {1 x 100 on 1:45 Breaststroke {3 x 50 on 1:00 Stroke Drills {1 x 100 on 1:45 Freestyle	RE EN RE EN RE	1 C 1 C	600 300	{1 x 100 on 2:20 Kick {1 x 50 on 1:10 Kick 1x{3 x 75 on 1:20 Pulls-nbbf&w {3 x 75 on 1:15 Pulls-nbbf&w {2 x 75 on 1:10 Pulls-nbbf&w 6 x 50 on 1:00 Descend in sets of 3	EN1 EN1 EN1 EN1 EN1
600 250	{3 x 50 on 1:00 Stroke Drills 12 x 50 on :50 MidPoolSwims 3 on w/ very fast turns 1 x 250 on 5:00 Stroke Drills	E EN	1	600	1x{6 x 25 on :40 odds free evens strk {6 x 25 on :35 odds free evens strk {6 x 25 on :30 odds free evens strk	EN1 EN1
230	8:20 PM 4,000 Yards - Stress Value =		C	600	<pre>{6 x 25 on :25 odds free evens strk 6 x 100 on 2:00 Stroke Drills 10:25 AM 3,535 Yards - Stress Value = 31</pre>	EN1 REC
	Workout #1237 - Friday, 16 February 2001 Group 3 - All 1 minute rest between sets					
Yards	5:15 AM Start Set Description	EGY WO	RK S			
===== 425 180	1 x 425 on 8:00 Stroke Drills 12 x 15 on :30 Cross pool sprints under h2o dolphin ki 1 x 800 on 12:00 Pulls	=== == REC				
800	2 x 400 on 5:30 Pulls 1x{8 x 25 on :35 Free odds fast {4 x 25 on :30 Butterfly {8 x 25 on :30 Free odds fast {4 x 25 on :30 Backstroke {8 x 25 on :25 Free odds fast	EN1 EN1 EN1 EN1 EN1	P S S S S			

9:00 AM Start

Workout #1240 - Saturday, 17 February 2001 Group 2 - All

2 minutes rest between sets

{4 x	50 on	1:00 Stroke Drills	REC
6:25 PM	3,500	Yards - Stress Value = 33	

Workout #1243 - Sunday, 18 February 2001 Group 2 - All

Yards	Set Description	EGY WOF		2 minutes rest between sets		
625 240	1 on 24:00 Stomach and Stretch 1 x 625 on 15:00 Swim-kick-pull-swim 16 x 15 on :45 Shooters 4 on each	REC SP3	Yards	5:00 PM Start Set Description	EGY	WORK S
	1 on 10:00 Techniques-Tennesse			1 on 10:00 Stretch on your own		LI
	turn drills		800	-	REC	D
	1x{2 x 100 on 2:30 Kick	EN2		odds free evens strk		
	{2 x 100 on 2:25 Kick	EN2	800	1x{2 x 100 on 2:30 Kick	EN2	КC
	{2 x 100 on 2:20 Kick	EN2		· · · · · · · · · · · · · · · · · · ·	EN2	КC
	$1x{3 x 50 on 1:10 Pulls-nbbf&w}$	EN1		{2 x 100 on 2:20 Kick	EN2	КC
	{3 x 50 on 1:05 Pulls-nbbf&w	EN1		{2 x 100 on 2:15 Kick	EN2	КC
	{3 x 50 on 1:00 Pulls-nbbf&w	EN1	750	10 x 75 on 1:20 Pulls-nbbf&w	EN1	P
	{3 x 50 on :55 Pulls-nbbf&w	EN1	400	2 x 200 on 4:00 Individual Medley	EN1	S
	$1x\{1 \times 200 \text{ on } 3:45 \text{ Freestyle}$	EN2	1,500	$1x{3 \times 100 \text{ on } 2:00 \text{ Freestyle-descend}}$	EN2	S
	${3 \times 50 \text{ on } 1:00 \text{ Descend in sets of } 3}$	EN2		{1 x 200 on 4:00 Freestyle	REC	S
	{1 x 200 on 3:30 Freestyle	EN2		{3 x 100 on 1:50 Freestyle-descend	EN2	S
	$\{3 \times 50 \text{ on } 1:00 \text{ Descend in sets of } 3$	EN2		{1 x 200 on 4:00 Freestyle	REC	S
	{1 x 200 on 3:15 Freestyle	EN2		{3 x 100 on 1:40 Freestyle-descend	EN2	S
200	1 x 200 on 4:00 Stroke Drills	REC		{1 x 200 on 4:00 Freestyle	REC	S
	11:00 AM 3,165 Yards - Stress Value = 48	3		6:44 PM 4,250 Yards - Stress Value =	46	

Workout #1241 - Sunday, 18 February 2001 Group 3 - All

1 minute rest between sets

Workout #1244 - Monday, 19 February 2001 HighSchl - All 1 minute rest between sets

Yards	5:00 PM Start Set Description	EGY	WC Yards	8:00 AM Start Set Description	EGY	WORF
300 800 200	1 on 10:00 Stretch 1 x 800 on 16:00 S 12x{1 x 15 on :00 Free {1 x 10 on :30 Free {1 x 75 on 1:35 Kid {4 x 75 on 1:35 Kid {3 x 75 on 1:25 Kid {2 x 75 on 1:20 Kid {2 x 75 on 1:20 Kid {3 x 100 on 1:15 Pt {3 x 100 on 1:40 Yd 1x{1 x 500 on 6:30 Fr {2 x 400 on 5:05 Fr {3 x 300 on 3:45 Fr 4 x 200 on 3:00 St 7:03 PM 6,850 Yards -	Swim-kick-pull-swim REC estyle SP3 estyle REC ck EN2 estyle EN2 reestyle EN2 reestyle EN2 reestyle EN2 reestyle EN2 troke Drills REC	180	1x{1 x 100 on 2:00 Kick {2 x 75 on 1:30 Kick {3 x 50 on 1:00 Kick {4 x 25 on :30 Kick 1x{1 x 200 on 2:50 Pulls {1 x 200 on 2:45 Pulls {1 x 200 on 2:40 Pulls {1 x 200 on 2:35 Pulls 8 x 25 on :30 Freestyle-odds fast 12 x 100 on 1:20 Freestyle	SP3 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1 REC	I S S F F F F F F F F F F F F F F F F F

Workout #1242 - Sunday, 18 February 2001 **Group 3 - Platinum** 1 minute rest between sets

Yards			Start Description	EGY	WC
=====	==	===		===	==
	1	or	n 10:00 Stretch on your own		
600			600 on 16:00 Swim-kick-pull-swim	REC	
300	12x{1	х	15 on :00 Freestyle	SP3	
	{1	Х	10 on :30 Freestyle	REC	
600	1x{4	Х	50 on 1:10 Kick	EN2	
	{ 4	Х	50 on 1:05 Kick	EN2	
	{ 4	Х	50 on 1:00 Kick	EN2	
600	8	Х	75 on 1:15 Pulls 3 br L. 25	EN1	
200	8	Х	25 on :30 IM order-build	EN1	
1,200	1x{1	Х	200 on 3:00 Freestyle	EN1	
	{ 4	Х	50 on 1:00 Stroke Drills	REC	
	{ 1	Х	200 on 2:55 Freestyle	EN1	
	{ 4	Х	50 on 1:00 Stroke Drills	REC	
	{ 1	Х	200 on 2:50 Freestyle	EN1	

Workout #1247 - Tuesday, 20 February 2001 Group 3 - All

1 minute re

rest between sets	Workout #1248 - Wednesday, 21 February 2001
	Group 3 - All

					Group 3 - All		
	5:15 PM Start				1 minute rest between sets		
Yards	Set Description		WOF				
=====	=======================================	= ===	===		5:15 AM Start		
	1 on 30:00 Stomach and Stretch			Yards		EGY	WORK
800	1 x 800 on 16:00 Swim-kick-pull-swir	n REC		======	=======================================		
180	12 x 15 on :30 Shooters	SP3		425	1 x 425 on 8:00 Swim-kick-pull-swim		٤
	6x{1 x 100 on 2:00 Kick	EN2		210		SP3	٤
	{1 x 100 on 1:45 Kick	EN2		210	<u>-</u>		
	1x{3 x 150 on 2:15 Pulls mid 50 br ev					EN1	E
	{3 x 150 on 2:15 Pulls mid 50 br ev {					EN1	E
	{3 x 150 on 2:15 Pulls mid 50 br ev 9					EN1	E
450	9 x 50 on 1:30 Descend in sets of 3					EN1	Ε
430				300		EN1	٤
	2x{1 x 200 on 3:00 Backstroke	EN2			`	EN1	٤
	{2 x 100 on 1:30 Backstroke	EN2				EN1	٤
	{4 x 50 on :45 Backstroke	EN2			{1 x 100 on 1:25 Freestyle	EN1	٤
	{8 x 25 on :30 Backstroke-all out!!	EN2				EN1	S
	{1 on 1:00 Rest				{1 x 200 on 3:10 Individual Medley	EN1	٤
300	12 x 25 on :30 Stroke Drills	REC			{1 x 100 on 1:25 Freestyle	EN1	٤
	7:45 PM 5,880 Yards - Stress Value = 79	9			{1 x 100 on 1:20 Freestyle	EN1	٤
					{1 x 100 on 1:15 Freestyle	EN2	٤
	Workout #1246 - Tuesday, 20 February 2001				· · · · · · · · · · · · · · · · · · ·	EN1	٤
	Group 3 - Platinum				· · · · · · · · · · · · · · · · · · ·	EN1	٤
	CTOUD 3 - Platinum						
	•				{1 x 100 on 1·15 Freestyle	EN2	C
	1 minute rest between sets					EN2	2
	•			250	{1 x 100 on 1:10 Freestyle	EN2	٤
	•			250	{1 x 100 on 1:10 Freestyle 1 x 250 on 4:00 Stroke Drills	EN2 REC	
Yards	1 minute rest between sets 5:15 PM Start	EGY	WORF	250	{1 x 100 on 1:10 Freestyle	EN2 REC	٤
Yards =====	1 minute rest between sets			250	{1 x 100 on 1:10 Freestyle 1 x 250 on 4:00 Stroke Drills	EN2 REC	٤
	1 minute rest between sets 5:15 PM Start Set Description ====================================			250	{1 x 100 on 1:10 Freestyle 1 x 250 on 4:00 Stroke Drills	EN2 REC	٤
=====	1 minute rest between sets 5:15 PM Start Set Description	===	==== I	250	{1 x 100 on 1:10 Freestyle 1 x 250 on 4:00 Stroke Drills 6:30 AM 4,085 Yards - Stress Value = 43 Workout #1249 - Thursday, 22 February 2001	EN2 REC	٤
400	1 minute rest between sets 5:15 PM Start Set Description 1 on 30:00 Stomach and Stretch 1 x 400 on 8:00 Swim-kick-pull-swim	===	I S	250	{1 x 100 on 1:10 Freestyle 1 x 250 on 4:00 Stroke Drills 6:30 AM 4,085 Yards - Stress Value = 43 Workout #1249 - Thursday, 22 February 2001 Group 3 - Platinum	EN2 REC	٤
400 180	1 minute rest between sets 5:15 PM Start Set Description 1 on 30:00 Stomach and Stretch 1 x 400 on 8:00 Swim-kick-pull-swim 12 x 15 on :30 Shooters	REC SP3	==== I £ £	250	{1 x 100 on 1:10 Freestyle 1 x 250 on 4:00 Stroke Drills 6:30 AM 4,085 Yards - Stress Value = 43 Workout #1249 - Thursday, 22 February 2001	EN2 REC	٤
400 180	1 minute rest between sets 5:15 PM Start Set Description 1 on 30:00 Stomach and Stretch 1 x 400 on 8:00 Swim-kick-pull-swim 12 x 15 on :30 Shooters 2x{1 x 150 on 3:00 Kick	REC SP3 EN2	==== I S S	250	{1 x 100 on 1:10 Freestyle 1 x 250 on 4:00 Stroke Drills 6:30 AM 4,085 Yards - Stress Value = 43 Workout #1249 - Thursday, 22 February 2001 Group 3 - Platinum 1 minute rest between sets	EN2 REC	٤
400 180	1 minute rest between sets 5:15 PM Start Set Description 1 on 30:00 Stomach and Stretch 1 x 400 on 8:00 Swim-kick-pull-swim 12 x 15 on :30 Shooters 2x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick	REC SP3 EN2 EN2	==== I S S F F		{1 x 100 on 1:10 Freestyle 1 x 250 on 4:00 Stroke Drills 6:30 AM 4,085 Yards - Stress Value = 43 Workout #1249 - Thursday, 22 February 2001 Group 3 - Platinum 1 minute rest between sets 5:15 PM Start	EN2 REC	E I
400 180 600	1 minute rest between sets 5:15 PM Start Set Description 1 on 30:00 Stomach and Stretch 1 x 400 on 8:00 Swim-kick-pull-swim 12 x 15 on :30 Shooters 2x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick	REC SP3 EN2 EN2 EN2	==== I S S F F	Yards	{1 x 100 on 1:10 Freestyle 1 x 250 on 4:00 Stroke Drills 6:30 AM 4,085 Yards - Stress Value = 43 Workout #1249 - Thursday, 22 February 2001 Group 3 - Platinum 1 minute rest between sets 5:15 PM Start Set Description	EN2 REC	g E WOF
400 180 600	1 minute rest between sets 5:15 PM Start Set Description 1 on 30:00 Stomach and Stretch 1 x 400 on 8:00 Swim-kick-pull-swim 12 x 15 on :30 Shooters 2x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 2 x 300 on 4:15 Pulls	REC SP3 EN2 EN2 EN2 EN2	==== I S F F F		{1 x 100 on 1:10 Freestyle 1 x 250 on 4:00 Stroke Drills 6:30 AM 4,085 Yards - Stress Value = 43 Workout #1249 - Thursday, 22 February 2001 Group 3 - Platinum 1 minute rest between sets 5:15 PM Start Set Description ====================================	EN2 REC	g E WOF
400 180 600	I minute rest between sets 5:15 PM Start Set Description 1 on 30:00 Stomach and Stretch 1 x 400 on 8:00 Swim-kick-pull-swim 12 x 15 on :30 Shooters 2x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 2 x 300 on 4:15 Pulls 1x{1 x 100 on 1:30 Freestyle	REC SP3 EN2 EN2 EN2 EN1 EN1	==== I S S F F F	Yards	<pre>{1 x 100 on 1:10 Freestyle 1 x 250 on 4:00 Stroke Drills 6:30 AM 4,085 Yards - Stress Value = 43 Workout #1249 - Thursday, 22 February 2001</pre>	EN2 REC EGY	g I
400 180 600	I minute rest between sets 5:15 PM Start Set Description 1 on 30:00 Stomach and Stretch 1 x 400 on 8:00 Swim-kick-pull-swim 12 x 15 on :30 Shooters 2x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 2 x 300 on 4:15 Pulls 1x{1 x 100 on 1:30 Freestyle {1 x 100 on 1:40 Backstroke	REC SP3 EN2 EN2 EN1 EN1	I	Yards =====	<pre>{1 x 100 on 1:10 Freestyle 1 x 250 on 4:00 Stroke Drills 6:30 AM 4,085 Yards - Stress Value = 43 Workout #1249 - Thursday, 22 February 2001</pre>	EN2 REC EGY ===	S I
400 180 600	I minute rest between sets 5:15 PM Start Set Description 1 on 30:00 Stomach and Stretch 1 x 400 on 8:00 Swim-kick-pull-swim 12 x 15 on :30 Shooters 2x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 2 x 300 on 4:15 Pulls 1x{1 x 100 on 1:30 Freestyle {1 x 100 on 1:40 Backstroke {1 x 75 on 1:10 Freestyle	REC SP3 EN2 EN2 EN1 EN1 EN1	I S S F F F S S S	Yards =====	<pre>{1 x 100 on 1:10 Freestyle 1 x 250 on 4:00 Stroke Drills 6:30 AM 4,085 Yards - Stress Value = 43 Workout #1249 - Thursday, 22 February 2001</pre>	EN2 REC EGY === REC SP3	S [] [] [] [] [] [] [] [] [] [
400 180 600	I minute rest between sets 5:15 PM Start Set Description 1 on 30:00 Stomach and Stretch 1 x 400 on 8:00 Swim-kick-pull-swim 12 x 15 on :30 Shooters 2x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 2 x 300 on 4:15 Pulls 1x{1 x 100 on 1:30 Freestyle {1 x 100 on 1:40 Backstroke {1 x 75 on 1:10 Freestyle {1 x 150 on 2:30 Backstroke	REC SP3 EN2 EN2 EN1 EN1 EN1 EN1	I S S F F F S S S S S	Yards =====	<pre>{1 x 100 on 1:10 Freestyle 1 x 250 on 4:00 Stroke Drills 6:30 AM 4,085 Yards - Stress Value = 43 Workout #1249 - Thursday, 22 February 2001</pre>	EN2 REC EGY ===	S [] [] [] [] [] [] [] [] [] [
400 180 600	I minute rest between sets 5:15 PM Start Set Description 1 on 30:00 Stomach and Stretch 1 x 400 on 8:00 Swim-kick-pull-swim 12 x 15 on :30 Shooters 2x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 2 x 300 on 4:15 Pulls 1x{1 x 100 on 1:30 Freestyle {1 x 100 on 1:40 Backstroke {1 x 75 on 1:10 Freestyle {1 x 150 on 2:30 Backstroke {1 x 50 on :45 Freestyle	REC SP3 EN2 EN2 EN1 EN1 EN1 EN1	I C C F F F F C C C C C	Yards =====	<pre>{1 x 100 on 1:10 Freestyle 1 x 250 on 4:00 Stroke Drills 6:30 AM 4,085 Yards - Stress Value = 43 Workout #1249 - Thursday, 22 February 2001</pre>	EN2 REC EGY === REC SP3	S [] [] [] [] [] [] [] [] [] [
400 180 600	I minute rest between sets 5:15 PM Start Set Description 1 on 30:00 Stomach and Stretch 1 x 400 on 8:00 Swim-kick-pull-swim 12 x 15 on :30 Shooters 2x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 2 x 300 on 4:15 Pulls 1x{1 x 100 on 1:30 Freestyle {1 x 100 on 1:40 Backstroke {1 x 75 on 1:10 Freestyle {1 x 50 on 2:30 Backstroke {1 x 50 on 3:20 Backstroke	REC SP3 EN2 EN2 EN1 EN1 EN1 EN1 EN1	=== I C C F F F C C C C C C C	Yards ===== 400 250	<pre>{1 x 100 on 1:10 Freestyle 1 x 250 on 4:00 Stroke Drills 6:30 AM 4,085 Yards - Stress Value = 43 Workout #1249 - Thursday, 22 February 2001</pre>	EGY === REC SP3 REC	S [] [] [] [] [] [] [] [] [] [
400 180 600	I minute rest between sets 5:15 PM Start Set Description 1 on 30:00 Stomach and Stretch 1 x 400 on 8:00 Swim-kick-pull-swim 12 x 15 on :30 Shooters 2x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 2 x 300 on 4:15 Pulls 1x{1 x 100 on 1:30 Freestyle {1 x 100 on 1:40 Backstroke {1 x 75 on 1:10 Freestyle {1 x 50 on 2:30 Backstroke {1 x 50 on 3:20 Backstroke {1 x 25 on :25 Freestyle {1 x 25 on :25 Freestyle	REC SP3 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1	==== I C C F F F F C C C C C C	Yards ===== 400 250	<pre>{1 x 100 on 1:10 Freestyle 1 x 250 on 4:00 Stroke Drills 6:30 AM 4,085 Yards - Stress Value = 43 Workout #1249 - Thursday, 22 February 2001</pre>	EGY === REC SP3 REC	S I I I I I I I I I I I I I I I I I I I
400 180 600 600 950	I minute rest between sets 5:15 PM Start Set Description 1 on 30:00 Stomach and Stretch 1 x 400 on 8:00 Swim-kick-pull-swim 12 x 15 on :30 Shooters 2x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 2 x 300 on 4:15 Pulls 1x{1 x 100 on 1:30 Freestyle {1 x 100 on 1:40 Backstroke {1 x 75 on 1:10 Freestyle {1 x 50 on :45 Freestyle {1 x 200 on 3:20 Backstroke {1 x 25 on :25 Freestyle {1 x 250 on 4:10 Backstroke {1 x 250 on 4:10 Backstroke	REC SP3 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1	=== I C C F F F F C C C C C C C C C C C C C	Yards ===== 400 250 700	{1 x 100 on 1:10 Freestyle 1 x 250 on 4:00 Stroke Drills 6:30 AM 4,085 Yards - Stress Value = 43 Workout #1249 - Thursday, 22 February 2001 Group 3 - Platinum 1 minute rest between sets 5:15 PM Start Set Description ====================================	EGY === REC SP3 REC EN1	S I I I I I I I I I I I I I I I I I I I
400 180 600	I minute rest between sets 5:15 PM Start Set Description 1 on 30:00 Stomach and Stretch 1 x 400 on 8:00 Swim-kick-pull-swim 12 x 15 on :30 Shooters 2x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 2 x 300 on 4:15 Pulls 1x{1 x 100 on 1:30 Freestyle {1 x 100 on 1:40 Backstroke {1 x 75 on 1:10 Freestyle {1 x 50 on 2:30 Backstroke {1 x 50 on 3:20 Backstroke {1 x 25 on :25 Freestyle {1 x 25 on :25 Freestyle	REC SP3 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1	==== I C C F F F F C C C C C C	Yards ====== 400 250 700	<pre>{1 x 100 on 1:10 Freestyle 1 x 250 on 4:00 Stroke Drills 6:30 AM 4,085 Yards - Stress Value = 43 Workout #1249 - Thursday, 22 February 2001</pre>	EN2 EGY === REC SP3 REC EN1	S I I I I I I I I I I I I I I I I I I I
400 180 600 600 950	I minute rest between sets 5:15 PM Start Set Description 1 on 30:00 Stomach and Stretch 1 x 400 on 8:00 Swim-kick-pull-swim 12 x 15 on :30 Shooters 2x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 2 x 300 on 4:15 Pulls 1x{1 x 100 on 1:30 Freestyle {1 x 100 on 1:40 Backstroke {1 x 75 on 1:10 Freestyle {1 x 50 on :45 Freestyle {1 x 200 on 3:20 Backstroke {1 x 25 on :25 Freestyle {1 x 250 on 4:10 Backstroke {1 x 250 on 4:10 Backstroke	REC SP3 EN2 EN2 EN1	=== I C C F F F F C C C C C C C C C C C C C	Yards ====== 400 250 700	<pre>{1 x 100 on 1:10 Freestyle 1 x 250 on 4:00 Stroke Drills 6:30 AM 4,085 Yards - Stress Value = 43 Workout #1249 - Thursday, 22 February 2001</pre>	EN2 EGY === REC SP3 REC EN1 EN1	S I I I I I I I I I I I I I I I I I I I

Workout #1245 - Tuesday, 20 February 2001 HighSchl - All

1 minute rest between sets

Workout #1250 - Saturday, 24 February 2001 Group 3 - All 1 minute rest between sets

4:21 PM 3,030 Yards - Stress Value = 34

Yards		M Start Description	EGY	WORF	Yards	8:30 AM Start Set Description	EGY	WORF
400 180	40 1 x 12 2x{1 x {1 x {1 x 2 x 1x{1 x {1	n 20:00 Stomach and Stretch Of everything 400 on 8:00 Swim-kick-pull-swim x 15 on :30 Shooters 150 on 3:00 Kick 100 on 2:00 Kick 50 on 1:00 Kick 300 on 4:15 Pulls 100 on 1:30 Freestyle 100 on 1:30 Backstroke 75 on 1:10 Freestyle 150 on 2:15 Backstroke 50 on :45 Freestyle 200 on 3:00 Backstroke 25 on :25 Freestyle 250 on 3:45 Backstroke	SP3 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1	5 F	100 210 400 450	1 on 30:00 Stomach and Stretch 1 x 100 on 8:25 Swim-kick-pull-swim 1 14 x 15 on :30 Cross pool sprints 1x{8 x 50 on 1:05 Kick {7 x 50 on 1:00 Kick {6 x 50 on :55 Kick 1x{2 x 500 on 7:00 Pulls {2 x 500 on 6:45 Pulls 1 x 400 on 7:30 Individual Medley 4x{1 x 100 on 1:20 Your Stroke-no free 1 {1 x 200 on 2:20 Freestyle {1 x 300 on 4:00 Individual Medley	REC SP3 EN2 EN2 EN2 EN1 EN1 EN1 EN2 EN2 EN2 EN2	I S S S S S S S S S S S S S S S S S S S
300	3 X	100 on 1:45 Stroke Drills	REC	L				

Workout #1251 - Saturday, 24 February 2001 Group 2 - All 2 minutes rest between sets

 $\{1 \times 600 \text{ on } 7:15 \text{ Freestyle} \}$

20 x 25 on :30 Freestyle odds fast EN1

1 x 300 on 5:00 Stroke Drills 7:45 PM 6,980 Yards - Stress Value = 97

500

Workout #1254 - Monday, 26 February 2001 Group 3 - Boys 1 minute rest between sets

	0.00 744 64				1 minute rest between sets		
	9:00 AM Start						
Yards	Set Description	EGY			5:15 PM Start		
=====	=======================================	===	===	Yards	Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch			=====	=======================================	===	===
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC			1 on 30:00 Stomach and Stretch		
240	16 x 15 on :30 Shooters 4 on each	SP3		800	1 x 800 on 15:00 Swim-kick-pull-swim I	REC	
650	2x{1 x 150 on 3:30 Kick	EN2		180		SP3	
	{1 x 100 on 2:20 Kick	EN2		100		EN2	
	{1 x 50 on 1:10 Kick	EN2			•	EN2	
	{1 x 25 on 1:00 Sprint kick	EN2			· · · · · · · · · · · · · · · · · · ·		
800	2x{1 x 200 on 4:00 Pulls	EN1				EN2	
800	· ·			600		EN1	
0.00	{4 x 50 on 1:00 Pulls-nbbf&w	EN1		300		EN1	
900	$1x\{6 \times 25 \text{ on } : 30 \text{ Freestyle}$	EN1			1x{1 x 500 on 6:45 Freestyle	EN2	
	$\{6 \times 25 \text{ on } : 40 \text{ Butterfly} \}$	EN1			{1 x 500 on 6:35 Freestyle	EN2	
	$\{6 \times 25 \text{ on } : 30 \text{ Freestyle} \}$	EN1			$\{1 \times 500 \text{ on } 6:25 \text{ Freestyle} \}$	EN2	
	{6 x 25 on :35 Backstroke	EN1		200		REC	
	$\{6 \times 25 \text{ on } : 30 \text{ Freestyle}$	EN1			7:02 PM 4,180 Yards - Stress Value = 58		
	{6 x 25 on :45 Breaststroke	EN1			,		
200	1 x 200 on 3:00 Stroke Drills	REC					
	11:00 AM 3,590 Yards - Stress Value = 4	3			Workout #1253 - Monday, 26 February 2001		
	11.00 111 0,000 14140 001000 14140 1	0			Group 3 - Sprint and Stroke		
					• •		
	Workout #1252 - Monday, 26 February 2001				1 minute rest between sets		
	Group 3 - All						
	1 minute rest between sets				5:15 PM Start		
	1 minute rest between sets			Yards	Set Description	EGY	WOF
				=====	=======================================	===	===
	5:15 AM Start				1 on 30:00 Stomach and Stretch		
Yards	1	EGY V		800	1 x 800 on 15:00 Swim-kick-pull-swim N	REC	
=====		=== =		180		SP3	
425	1 x 425 on 8:00 Swim-kick-pull-swim	REC	٤	900	1x{6 x 50 on 1:05 Kick	EN2	
210	14 x 15 on :30 Cross pool sprints	SP3	٤		•	EN2	
	$1x{5 \times 50 \text{ on } 1:00 \text{ Pulls-nbbf&w}}$	EN1	E		•	EN2	
	{5 x 50 on :55 Pulls-nbbf&w	EN1	E	0 0 0	•	EN1	
	•	EN1	Ε	000	·		
	•	EN1	Ē		· ·	EN1	
	1 on 8:00 Techniques-starts	TINT		400			
		T12.7.1	Ι	1,800	• •	EN2	
	`	EN1	٤		{1 x 600 on 7:45 Freestyle	EN2	
		EN1	٤		{1 x 600 on 7:30 Freestyle	EN2	
		EN1	٤	200	1 x 200 on 3:00 Stroke Drills	REC	
	`	EN1	٤		7:15 PM 5,080 Yards - Stress Value = 73		
	{3 x 100 on 1:35 Individual Medley	EN1	۶		•		
	{2 x 75 on 1:05 Freestyle	EN1	٤		W 1 (#1055 N. 1 ACE) 2001		
	{3 x 100 on 1:30 Individual Medley	EN1	٤		Workout #1255 - Monday, 26 February 2001		
200	1 x 200 on 3:00 Stroke Drills	REC	Γ		Group 3 - Girls		
	6:30 AM 3,485 Yards - Stress Value = 34				1 minute rest between sets		
	W 1 / //107/ W 1 2/F1 2001				5:15 PM Start		
	Workout #1256 - Monday, 26 February 2001			Yards		EGY	MOE
	Group 3 - All			=====	=======================================		
	1 minute rest between sets				1 on 30:00 Stomach and Stretch		
				600		DEC	
	5:15 PM Start			600	1 x 600 on 15:00 Swim-kick-pull-swim I		
Vanda		ECV	MOT	180		SP3	
Yards	Set Description	EGY			•	EN2	
					·	EN2	
0.00	1 on 30:00 Stomach and Stretch				{4 x 50 on :55 Kick	EN2	
800	1 x 800 on 15:00 Swim-kick-pull-swim			500	5 x 100 on 1:30 Pulls	EN1	
180	12 x 15 on :30 Shooters	SP3		300	1 x 300 on 6:00 Every 3rd 25 stroke	EN1	
	1x{6 x 50 on 1:05 Kick	EN2			-	EN1	
	{6 x 50 on 1:00 Kick	EN2			-	EN1	
	{6 x 50 on :55 Kick	EN2			•	EN2	
	1x{5 x 100 on 1:30 Pulls	EN1		250		REC	
	{5 x 100 on 1:25 Pulls	EN1		230		∪تد	
	{5 x 100 on 1:20 Pulls	EN1			6:58 PM 3,530 Yards - Stress Value = 41		
400		EN1					
400							
	1x{1 x 600 on 8:00 Freestyle	EN2					
	{1 x 600 on 7:45 Freestyle	EN2					
	{1 x 600 on 7:30 Freestyle	EN2					
	(1 v 600 on 7.15 Eroostylo	CM2					

EN2

REC

Workout #1257 - Tuesday, 27 February 2001 Group 3 - All 1 minute rest between sets

Workout #1260 - Tuesday, 27 February 2001 Group 3 - Girls 1 minute rest between sets

Yards	5:15 PM Start Set Description	EGY WOF		5:1	5 PM	Start			
Yards ===== 800 180	Set Description 1 on 30:00 Stomach and Stretch 1 x 800 on 16:00 Swim-kick-pull-swim 12 x 15 on :30 Shooters 1x{3 x 150 on 3:00 Kick {3 x 100 on 2:00 Kick {3 x 50 on 1:00 Kick 1x{4 x 150 on 2:15 Pulls {4 x 125 on 1:50 Pulls	=== ===	Yards ===== 800 180	1x{	Set ==== 1 on 1 x 12 x 2 x 2 x 2 x 3 x	Descrip ====== 30:00 800 on 15 on 150 on 100 on 50 on 1		===	
400	{4 x 50 on :45 Freestyle {4 x 50 on :40 Freestyle 2x{4 x 125 on 2:00 Backstroke {3 x 100 on 1:35 Backstroke {2 x 75 on 1:10 Backstroke {1 x 50 on :45 Backstroke {1 on 1:00 Rest	EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2	250	{ 1x{ {	1 x 3 x 3 x 3 x 4 x 3 x 2 x 1 x	100 on 50 on 50 on 50 on 125 on 100 on 75 on 50 on 250 on	1:30 Pulls :50 Freestyle :45 Freestyle :40 Freestyle 2:00 Backstroke 1:35 Backstroke 1:10 Backstroke :45 Backstroke 5:00 Stroke Drills Yards - Stress Value = 52	EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2 REC	

Workout #1259 - Tuesday, 27 February 2001 Group 3 - Boys

1 minute rest between sets

Workout #1261 - Wednesday, 28 February 2001 Group 3 - All 1 minute rest between sets

5:15 PM Start Yards Set Description	EGY WOF	rards set bescription	GY '	WORF
1 on 30:00 Stomach and Stretch 800	REC SP3 EN2 EN2 EN2 EN1 EN1	180 12 x 15 on :45 Pit sprints all from S a dive 1x{1 x 400 on 6:00 Pulls	REC SP3 SN1 SN1 SN1	==== S S F F F F
{4 x 50 on :45 Freestyle {4 x 50 on :40 Freestyle 100 1 x 100 on 6:00 Broken 400 1 x 400 on 7:00 Stroke Drills 7:10 PM 4,080 Yards - Stress Value = 52 Workout #1258 - Tuesday, 27 February 2001	EN1 EN1 SP2 REC	1x{4 x 25 on :40 Butterfly E {4 x 25 on :30 Freestyle E {4 x 25 on :35 Backstroke E {4 x 25 on :30 Freestyle E	IN1 IN1 IN1 IN1 IN1	S S S S I

Workout #1258 - Tuesday, 27 February 2001 Group 3 - Sprint and Stroke 1 minute rest between sets

	5:15 PM Start	
Yards	Set Description	EGY WOF
=====	=======================================	=== ===
	1 on 30:00 Stomach and Stretch	
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC
180	12 x 15 on :30 Shooters	SP3
	1x{3 x 150 on 3:00 Kick	EN2
	{3 x 100 on 2:00 Kick	EN2
	{3 x 50 on 1:00 Kick	EN2
	1x{4 x 150 on 2:15 Pulls	EN1
	{4 x 125 on 1:50 Pulls	EN1
	{4 x 100 on 1:30 Pulls	EN1
	$1x{4 \times 50 \text{ on } :50 \text{ Freestyle}}$	EN1
	$\{4 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1
	$\{4 \times 50 \text{ on } : 40 \text{ Freestyle}$	EN1
	1x{1 x 200 on 8:00 Broken	SP2
	{1 x 100 on 6:00 Broken	SP2
250	1 x 250 on 5:00 Stroke Drills	REC
	7:22 PM 4,530 Yards - Stress Value = 76	

Workout #1266 - Wednesday, 28 February 2001			Yards	Set Description F	EGY	
Group 3 - Taper 1			=====	1 on 30:00 Stomach and Stretch	===	===
1 minute rest between sets			600		REC	
			180	_	SP3	
5:15 PM Start Yards Set Description	EGY	MOL	600		EN2	
Yards Set Description				·	EN1	
1 on 30:00 Stomach and Stretch				•	EN1	
800 1 x 800 on 15:00 Swim-kick-pull-swim	REC			•	EN1 EN1	
180	SP3			•	EN1	
1,050 21 x 50 on 1:00 Kick des in 3's	EN2				EN1	
100 1 x 100 on 2:00 Kick for time	EN2				EN1	
1x{1 x 300 on 4:30 Pulls	EN1		200	1 x 200 on 4:00 Stroke Drills	REC	
{1 x 300 on 4:25 Pulls {1 x 300 on 4:20 Pulls	EN1 EN1			7:02 PM 3,680 Yards - Stress Value = 40		
{1 x 300 on 4:15 Pulls	EN1					
300 12 x 25 on :30 Freestyle odds fast	EN1			Workout #1265 - Wednesday, 28 February 2001		
$2x{3 x 100 on 1:55 Breaststroke}$	EN2			Group 3 - Miguel Santos		
{3 x 100 on 1:50 Breaststroke	EN2			1 minute rest between sets		
{3 x 100 on 1:45 Breaststroke	EN2					
$1x\{4 \times 25 \text{ on : } 35 \text{ Freestyle}$ $\{4 \times 25 \text{ on : } 30 \text{ Freestyle}$	EN1 EN1			5:15 PM Start		
$\{4 \times 25 \text{ on : } 25 \text{ Freestyle} \}$	EN1		Yards	±	EGY	
$\{1 \times 250 \text{ on } 5:00 \text{ Stroke Drills}\}$	REC		=====	1 on 30:00 Stomach and Stretch	===	===
7:44 PM 5,980 Yards - Stress Value = 84			800		REC	
			180	-	SP3	
Workout #1264 - Wednesday, 28 February 2001			1,050	21 x 50 on 1:00 Kick des in 3's	EN2	
Group 3 - Boys			100		EN2	
1 minute rest between sets			1,500	·	EN1	
				•	EN1	
5:15 PM Start				•	EN1 EN1	
Yards Set Description	EGY				EN1	
	===	===	300		EN1	
1 on 30:00 Stomach and Stretch	D=0		900	1x{3 x 100 on 1:55 Breaststroke	EN2	
600 1 x 600 on 15:00 Swim-kick-pull-swim 180 12 x 15 on :30 Shooters	SP3			•	EN2	
600 12 x 50 on 1:00 Kick des in 3's	EN2		400	·	EN2	
1x{1 x 300 on 4:30 Pulls	EN1		400	•	EN1	
{1 x 300 on 4:25 Pulls	EN1				EN1 EN1	
$1x{3 \times 100 \text{ on } 1:55 \text{ Breaststroke}}$	EN1			· -	EN1	
{3 x 100 on 1:50 Breaststroke	EN2		250		REC	
{3 x 100 on 1:45 Breaststroke	EN2			7:34 PM 5,480 Yards - Stress Value = 70		
200 1 x 200 on 4:00 Stroke Drills 6:53 PM 3,080 Yards - Stress Value = 40	REC					
0.00 in 5,000 farab Belebb varac 10				Workout #1268 - Thursday, 01 March 2001		
Workout #1262 - Wednesday, 28 February 2001				Group 3 - Taper 1		
Group 3 - Sprint and Stroke				1 minute rest between sets		
1 minute rest between sets						
1 militate 1 test seem cell sets			371	5:15 PM Start		MOT
5:15 PM Start			Yards	Set Description F	EGY	
Yards Set Description	EGY	WOF		1 on 30:00 Stomach and Stretch		
	===	===	600		REC	
1 on 30:00 Stomach and Stretch	D=0		180	12 x 15 on :30 Shooters	SP3	
800 1 x 800 on 15:00 Swim-kick-pull-swim 180 12 x 15 on :30 Shooters	SP3				EN2	
1,050 21 x 50 on 1:00 Kick des in 3's	EN2			•	EN2	
100 1 x 100 on 2:00 Kick for time	EN2			•	EN2 EN1	
$1x{1 x 300 on 4:30 Pulls}$	EN1				EN1	
{1 x 300 on 4:25 Pulls	EN1				EN1	
{1 x 300 on 4:20 Pulls	EN1			1x{3 x 100 on 1:40 Descend in sets of 3 H	EN1	
300 12 x 25 on :30 Freestyle drill buil	EN1			$\{3 \times 100 \text{ on } 1:35 \text{ Descend in sets of } 3 \text{ Bessend in sets } 3 Bessen$		
<pre>1x{3 x 100 on 1:55 Breaststroke drill {3 x 100 on 1:50 Breaststroke drill</pre>	EN2 EN2			$\{3 \times 100 \text{ on } 1:30 \text{ Descend in sets of } 3 \text{ B} \}$		
{3 x 100 on 1:45 Breaststroke drill	EN2			`	EN2	
250 1 x 250 on 4:00 Stroke Drills	REC			· · · · · · · · · · · · · · · · · · ·	EN2 EN2	
7:17 PM 4,480 Yards - Stress Value = 60				-	EN2	
				{1 on 1:00 Rest		
Workout #1263 - Wednesday, 28 February 2001			300		REC	
Group 3 - Girls				7:40 PM 5,730 Yards - Stress Value = 79		

Workout #1269 - Thursday, 01 March 2001 Group 3 - Sprint and Stroke 1 minute rest between sets

	5:15 PM Start		
Yards	Set Description	EGY	WORK
	=======================================	:== ===	====
	1 on 30:00 Stomach and Stretch		L
600	1 x 600 on 12:00 Reverse IM dril	l REC	D
180	12 x 15 on :30 Shooters	SP3	S
	3x{1 x 100 on 2:00 Kick	EN2	K
	{1 x 100 on 1:55 Kick	EN2	K
	{1 x 100 on 1:50 Kick	EN2	K
	$1x{3 x 125 on 2:00 Pulls L.25 3 brt}$	hs EN1	P
	{3 x 125 on 1:55 Pulls L.25 2 brt	hs EN1	P
	{2 x 125 on 1:50 Pulls L.25 1 brt	h EN1	P
	$1x{3 x 50 on 1:00 Butterfly}$	EN2	S
	$\{1 \times 100 \text{ on } 1:30 \text{ Freestyle} \}$	REC	S
	${3 \times 50 \text{ on :} 55 \text{ Butterfly}}$	EN2	S
	$\{1 \times 100 \text{ on } 1:30 \text{ Freestyle} \}$	REC	S
	$\{3 \times 50 \text{ on } :50 \text{ Butterfly} \}$	EN2	S
	{1 x 100 on 1:30 Freestyle	REC	S
	{8 x 25 on :30 Butterfly ALL OUT!	!! EN2	S
	{1 on 1:00 Rest		M
400	1 x 400 on 6:00 Stroke Drills	REC	D
	7:06 PM 4,030 Yards - Stress Value	= 48	

Workout #1267 - Thursday, 01 March 2001 Group 3 - Miguel Santos 1 minute rest between sets

Vanda	5:15 PM Start	ECV	MOT
Yards	1	EGY	TOW
=====		===	===
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 12:00 Reverse IM drill	REC	
180	12 x 15 on :30 Shooters	SP3	
1,200	4x{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:55 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
1,250	1x{4 x 125 on 2:00 Pulls L.25 3 brths	EN1	
	{3 x 125 on 1:55 Pulls L.25 2 brths	EN1	
	{3 x 125 on 1:50 Pulls L.25 1 brth	EN1	
900	$1x{3 \times 100}$ on 1:40 Descend in sets of 3	EN1	
	$\{3 \times 100 \text{ on } 1:35 \text{ Descend in sets of } 3$	EN1	
	${3 \times 100 \text{ on } 1:30 \text{ Descend in sets of } 3}$	EN1	
300	$1x{1 \times 200}$ on 8:00 Broken at the 50 rst	SP2	
	{ 10,20,30 secs at 50s		
	{1 x 100 on 6:00 Broken at the 25's	SP2	
	{ rest 5,10,15 secs.		
500	, ,	REC	
	7:31 PM 4,930 Yards - Stress Value = 83		
	7.11 11 1,111 11111 001000 14140 00		

Workout #1270 - Friday, 02 March 2001 Group 3 - Taper 1 1 minute rest between sets

5:15 PM Start

Yards	Set	Description	EGY	WORK	Ę
	===		===	====	=
	1 0	n 15:00 1 set pushups/strtch	REC	L	Γ
600	1 x	600 on 12:00 Choice	REC	S	(
180	12 :	x 15 on :30 Shooters	SP3	S	E
	3x{1 x	100 on 2:00 Kick	EN2	K	(
	{1 x	50 on 1:00 Kick	EN2	K	(
	{1 x	50 on :55 Kick	EN2	K	(
	{1 x	50 on :50 Kick	EN2	K	(
	1x{4 x	100 on 1:35 Lungbuster pulls	EN1	P	
	{3 x	100 on 1:30 Lungbuster pulls	EN1	P	
	{3 x	100 on 1:25 Lungbuster pulls	EN1	P	
	1x{1 x	400 on 8:00 Individual Medley	EN1	S	
	{4 x	50 on 1:00 Butterfly	EN2	S	E
	{1 x	300 on 6:00 Individual Medley	EN1	S	

	{ 4	Х	50 on 1	1:00 Backstroke EN2	S
	{ 1	Х	200 on	4:00 Individual Medley EN1	S
	{ 4	Х	50 on 1	1:00 Breaststroke EN2	S
	{ 1	Х	100 on	2:00 Individual Medley EN1	S
	{ 4	X	50 on 1	1:00 Freestyle EN2	S
	{ 5	0'	s 100%	effort	
002	1	Х	200 on	1:30 Stroke Drills REC	D
	7:02	PM	1 4,530	Yards - Stress Value = 58	

Workout #1272 - Friday, 02 March 2001 Group 3 - Sprint and Stroke 1 minute rest between sets

	5:15 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 15:00 1 set pushups/strtch		
600	1 x 600 on 12:00 Choice	REC	
180	12 x 15 on :30 Shooters	SP3	
	4x{1 x 100 on 2:00 Kick	EN2	
	{1 x 50 on 1:00 Kick	EN2	
	{1 x 50 on :55 Kick	EN2	
	{1 x 50 on :50 Kick	EN2	
	$1x{4 \times 100}$ on 1:35 Lungbuster pulls	EN1	
	{3 x 100 on 1:30 Lungbuster pulls	EN1	
	{3 x 100 on 1:25 Lungbuster pulls	EN1	
300	12 x 25 on :30 IM order-build	EN1	
	$2x{1 x 100 on 6:00 Broken at 25's rest}$	SP2	
	{ 5,10,15 seconds		
	$\{1 \times 200 \text{ on } : 00 \text{ Freestyle}$	REC	
300	12 x 25 on :30 Stroke Drills IMO	REC	
	6:53 PM 3,980 Yards - Stress Value = 60		

Workout #1271 - Friday, 02 March 2001 Group 3 - Miguel Santos 1 minute rest between sets

	5:15 PM Start			
Yards	Set Description	EGY	WORK	٤
	=======================================	===	====	=
	1 on 15:00 1 set pushups/strtch	REC	L	Γ
600	1 x 600 on 12:00 Choice	REC	S	C
180	12 x 15 on :30 Shooters	SP3	S	F
750	3x{1 x 100 on 2:00 Kick	EN2	K	C
	{1 x 50 on 1:00 Kick	EN2	K	C
	{1 x 50 on :55 Kick	EN2	K	C
	{1 x 50 on :50 Kick	EN2	K	C
1,000	$1x{4 x 100 on 1:35 Lungbuster pulls}$	EN1	P	
	{3 x 100 on 1:30 Lungbuster pulls	EN1	P	
	${3 \times 100 \text{ on } 1:25 \text{ Lungbuster pulls}}$	EN1	P	
1,800	$1x{1 \times 400}$ on 8:00 Individual Medley	EN1	S	
	$\{4 \times 50 \text{ on } 1:00 \text{ Stroke Drills}$	REC	D	F
	{1 x 300 on 6:00 Individual Medley	EN1	S	
	$\{4 \times 50 \text{ on } 1:00 \text{ Stroke Drills}$	REC	D	
	{1 x 200 on 4:00 Individual Medley	EN1	S	
	$\{4 \times 50 \text{ on } 1:00 \text{ Stroke Drills}$	REC	D	
	{1 x 100 on 2:00 Individual Medley	EN1	S	
	$\{4 \times 50 \text{ on } 1:00 \text{ Stroke Drills}$	REC	D	
	6:59 PM 4,330 Yards - Stress Value =	42		

8:30 AM Start

Workout #1273 - Saturday, 03 March 2001 Group 3 - Sprint and Stroke 1 minute rest between sets

Workout #1276 - Monday, 05 March 2001 Group 3 - Sectional

Yards	Set Description	EGY WOF	1 minute rest between sets
625 210	1 on 20:00 Stomach and Stretch 1 x 625 on 16:00 Swim-kick-pull-swim 14 x 15 on :30 Cross pool sprints	REC REC SP3	5:15 PM Start Yards Set Description EGY WOF
	1x{4 x 50 on 1:05 Kick	EN2	1 on 20:00 Stomach and Stretch
	{4 x 50 on 1:00 Kick {4 x 50 on :55 Kick	EN2 EN2	800 1 x 800 on 15:00 Swim-kick-pull-swim REC
	1x{1 x 500 on 7:00 Pulls	EN1	180 12 x 15 on :30 Shooters SP3 2x{1 x 200 on 4:00 Kick EN2
	$\{4 \times 50 \text{ on } 1:00 \text{ Pulls-nbbf&w}$	EN1	$\{4 \times 50 \text{ on } 1:00 \text{ Kick-one on each} \}$
	1x{3 x 100 on 1:30 Freestyle	EN1	1,000 10 x 100 on 1:30 Lungbuster pulls EN1
	$\{2 \times 50 \text{ on } :50 \text{ Freestyle} $ $\{3 \times 100 \text{ on } 1:25 \text{ Freestyle} \}$	EN1 EN1	odds br 3-5-7-9 evens br 2-46-8
	{2 x 50 on :45 Freestyle	EN1	$1x\{2 \times 200 \text{ on } 2:45 \text{ Freestyle}$ EN1
	{3 x 100 on 1:20 Freestyle	EN1	$\{2 \times 150 \text{ on } 2:00 \text{ Freestyle} $ EN1
	$\{2 \times 50 \text{ on } : 40 \text{ Freestyle} \}$	EN1	$\{2 \times 100 \text{ on } 1:25 \text{ Freestyle} $ EN1
	{ All 100's drill		$\{2 \times 50 \text{ on } : 45 \text{ Freestyle} $ EN1
200		REC	800 8 x 100 on 1:45 Stroke Drills REC
	10:02 AM 3,535 Yards - Stress Value = 3	9	2 on each stroke
			7:00 PM 4,580 Yards - Stress Value = 43

Workout #1275 - Saturday, 03 March 2001 Group 3 - Chris P.

1 minute rest between sets

	8:30 AM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 20:00 Stomach and Stretch	REC	
825	1 x 825 on 16:00 Swim-kick-pull-swim	REC	
210	14 x 15 on :30 Cross pool sprints	SP3	
	1x{4 x 50 on 1:05 Kick	EN2	
	{4 x 50 on 1:00 Kick	EN2	
	{4 x 50 on :55 Kick	EN2	
	$\{4 \times 25 \text{ on } : 45 \text{ Sprint kick}$	EN3	
	1x{2 x 500 on 7:15 Pulls	EN1	
	$\{5 \times 50 \text{ on } 1:00 \text{ Pulls-nbbf&w}$	EN1	
200	8×25 on :30 IM order-build	EN1	
	$1x{5 x 100 on 1:30 Freestyle}$	EN1	
	${3 \times 50 \text{ on } :50 \text{ Freestyle}}$	EN1	
	{4 x 100 on 1:25 Freestyle	EN1	
	${3 \times 50 \text{ on } :45 \text{ Freestyle}}$	EN1	
	{3 x 100 on 1:20 Freestyle	EN1	
	${3 \times 50 \text{ on } :}40 \text{ Freestyle}$	EN1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	10:25 AM 5,035 Yards - Stress Value = 58	3	

Workout #1274 - Saturday, 03 March 2001 Group 3 - Miguel Santos 1 minute rest between sets

Yards			M Start Description	EGY	WOF
	1		20:00 Stomach and Stretch	REC	
825			825 on 16:00 Swim-kick-pull-swim		
210			x 15 on :30 Cross pool sprints	SP3	
			50 on 1:05 Kick	EN2	
700	•		50 on 1:00 Kick	EN2	
	•				
	•		50 on :55 Kick	EN2	
	{ 4	Х	25 on :45 Sprint kick	EN3	
1,250	1x{2	Х	500 on 7:15 Pulls	EN1	
	{ 5	Х	50 on 1:00 Pulls-nbbf&w	EN1	
1,350	1x{3	Х	100 on 1:30 Freestyle	EN1	
	{ 3	Х	50 on :50 Freestyle	EN1	
	{ 3	Х	100 on 1:25 Freestyle	EN1	
	{ 3	Х	50 on :45 Freestyle	EN1	
	{ 3	Х	100 on 1:20 Freestyle	EN1	
			50 on :40 Freestyle	EN1	
	•		<u>-</u>		

Workout #1277 - Monday, 05 March 2001 Group 3 - Sprint and Stroke 1 minute rest between sets

Yards	5:15 PM Start Set Description	EGY WOF
800 180	<pre>1 on 20:00 Stomach and Stretch 1 x 800 on 15:00 Swim-kick-pull-swim 12 x 15 on :30 Shooters</pre>	REC SP3
	1x{1 x 200 on 4:00 Kick	EN2
	$\{4 \times 50 \text{ on } 1:00 \text{ Kick-one on each} \}$	EN2
600	6 x 100 on 1:30 Lungbuster pulls	EN1
	odds br 3-5-7-9	
	evens br 2-46-8	
	2x{2 x 150 on 2:00 Freestyle	EN1
	{2 x 100 on 1:25 Freestyle	EN1
	{2 x 50 on :45 Freestyle	EN1
	{2 x 25 on :30 Your Stroke	EN1
250	1 x 250 on 5:00 Freestyle	REC
	6:42 PM 3,530 Yards - Stress Value = 34	

Workout #1279 - Monday, 05 March 2001 Group 3 - Chris P. 1 minute rest between sets

	Yards	5:15 PM Start Set Description	EGY	WOF
	=====		===	===
:	800	1 on 20:00 Stomach and Stretch 1 x 800 on 15:00 Swim-kick-pull-swim	REC	
	180	-	SP3	
	200	1x{1 x 200 on 4:00 Kick	EN2	
		$\{4 \times 50 \text{ on } 1:00 \text{ Kick-one on each}$	EN2	
	1,000		EN1	
		odds br 3-5-7-9		
		evens br 2-46-8		
		2x{2 x 150 on 2:00 Freestyle	EN1	
		{2 x 100 on 1:25 Freestyle	EN1	
		$\{2 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	
		{2 x 25 on :30 Your Stroke	EN1	
	400	4 x 100 on 2:00 Stroke Drills	REC	
		6:51 PM 4,080 Yards - Stress Value = 38		

Workout #1278 - Monday, 05 March 2001 Group 3 - Miguel Santos 1 minute rest between sets

	5:15 PM Start		
Yards	Set Description	EGY	WOF
		===	===
	1 on 20:00 Stomach and Stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
400	1x{1 x 200 on 4:00 Kick	EN2	
	$\{4 \times 50 \text{ on } 1:00 \text{ Kick-one on each}$	EN2	
800	8 x 100 on 1:30 Lungbuster pulls	EN1	
	odds br 3-5-7-9		
	evens br 2-46-8		
1,300	2x{2 x 150 on 2:00 Freestyle	EN1	
	{2 x 100 on 1:25 Freestyle	EN1	
	$\{2 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	
	{2 x 25 on :30 Your Stroke	EN1	
200	2 x 100 on 6:00 Broken #1 at 50 10sc	SP2	
	#2 at 25 5,10,15 sec		
300	1 x 300 on 5:00 Freestyle	REC	
	6:58 PM 3,980 Yards - Stress Value = 56		

Workout #1281 - Tuesday, 06 March 2001 Group 3 - Sectional 1 minute rest between sets

4:00 PM Start Set Description

Yards	Set Descri	otion	EGY	WOF
=====			===	===
	1 on 10:00	Stretching		
825	1 x 825 on	15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on	:30 Shooters	SP3	
	$4x{1 x 100 on}$	2:00 Kick	EN2	
	{1 x 100 on	1:45 Kick	EN2	
	$1x{1 x 400 on}$	5:45 Pulls	EN1	
	{1 x 400 on	5:40 Pulls	EN1	
	{1 x 400 on	5:35 Pulls	EN1	
300	12 x 25 on	:30 IM order-build	EN1	
200	2 x 100 on	6:00 Broken	SP2	
400	16 x 25 on	:30 IM order	EN1	
500	5 x 100 on	1:45 Stroke Drills	REC	
	5:45 PM 4,405	Yards - Stress Value = 62		

Workout #1282 - Tuesday, 06 March 2001 Group 3 - Sprint and Stroke 1 minute rest between sets

	4:00 PM Start			
Yards	Set Descrip	EGY	WOF	
=====	========		===	===
	1 on 10:00	Stretching		
825	1 x 825 on	15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on	:30 Shooters	SP3	
	$2x{1 x 100 on}$	2:00 Kick	EN2	
	{1 x 100 on	1:45 Kick	EN2	
	$1x{1 x 300 on}$	4:30 Pulls	EN1	
	{1 x 300 on	4:15 Pulls	EN1	
750	15 x 50 on	:45 Freestyle	EN1	
100	1 x 100 on	6:00 Broken	SP2	
200	1 x 200 on	4:00 Stroke Drills	REC	
	5:16 PM 3,055	Yards - Stress Value = 39		

Workout #1280 - Tuesday, 06 March 2001 Group 3 - Chris P.

1 minute rest between sets

 ==	====		===	===
			EGY	WOF
4 • 0 0	PM	Start		

1 on 10:00 Stretching

825	1 x 825	on	15:00 Swim-kick-pull-swim	REC
180	12 x 15	on	:30 Shooters	SP3
	2x{1 x 100	on	2:00 Kick	EN2
	{1 x 100	on	1:45 Kick	EN2
	1x{1 x 300	on	4:30 Pulls	EN1
	{1 x 300	on	4:15 Pulls	EN1
600	12 x 50	on	:50 25 free 25 stroke	EN1
400	4 x 100	on	2:00 Stroke Drills	REC
	5.11 PM 3.0	005	Yards - Stress Value = 27	

Workout #1283 - Tuesday, 06 March 2001 Group 3 - Miguel Santos 1 minute rest between sets

	4:00 PM Start		
Yards	Set Description	EGY	WOF
	=======================================	===	===
	1 on 10:00 Stretching		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
400	2x{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
600	1x{1 x 300 on 4:30 Pulls	EN1	
	{1 x 300 on 4:15 Pulls	EN1	
600	12 x 50 on :50 25 free 25 stroke	EN1	
400	4 x 100 on 2:00 Stroke Drills	REC	
	5:11 PM 3,005 Yards - Stress Value = 27		

Workout #1285 - Wednesday, 07 March 2001 Group 3 - Taper 2 1 minute rest between sets

	5:15 PM Start			
Yards	Set Description	EGY	WORK	Ş
=====	=======================================	===	====	=
	1 on 20:00 Stomach and Stretch		L	Γ
	50 of everything			
625	1×625 on $16:00$ Stroke Drills	REC	D	
180	12 x 15 on :30 Shooters	SP3	S	C
	2x{1 x 150 on 3:00 Kick	EN2	K	C
	{1 x 100 on 2:00 Kick	EN2	K	C
	{1 x 50 on 1:00 Kick	EN2	K	C
	1x{1 x 200 on 2:45 Pulls	EN1	P	
	$\{3 \times 50 \text{ on } : 45 \text{ Pulls only 4 brths}\}$	EN1	Р	
300	1 x 300 on 5:00 every 3rd 25 your			
	stroke at 90%			
	$2x{1 x 100 on 1:45 Individual Medley}$	EN1	D	
	{ closed fist			
	{1 x 100 on 1:40 Individual Medley	EN1	D	
	{ hook em' horns			
	{1 x 100 on 1:35 Individual Medley	EN1	D	
	{ ok drill			
	{1 x 100 on 1:30 Individual Medley	EN1	S	
200	1 x 200 on 4:00 Freestyle	REC	S	
	6:42 PM 3,055 Yards - Stress Value =	34		

Workout #1284 - Wednesday, 07 March 2001 **Group 3 - Sectional** 1 minute rest between sets

	5:15 PM Start			
Yards	Set Description	EGY	WORK	٤
=====	=======================================	===	====	=
	1 on 20:00 Stomach and Stretch		L	Ι
	50 of everything			
825	1 x 825 on 16:00 Stroke Drills	REC	D	
180	12 x 15 on :30 Shooters	SP3	S	C
	3x{1 x 150 on 3:00 Kick	EN2	K	C
	{1 x 100 on 2:00 Kick	EN2	K	C
	{1 x 50 on 1:00 Kick	EN2	K	C
	2x{1 x 200 on 2:45 Pulls	EN1	P	
	$\{3 \times 50 \text{ on } : 45 \text{ Pulls only 4 brths}$	EN1	P	
400	1 x 400 on 6:00 every 3rd 25 your	EN1	S	C
	stroke at 90%			
	$3x{1 \times 100}$ on 1:40 Individual Medley	EN1	D	
	{ closed fist			
	{1 x 100 on 1:35 Individual Medley	EN1	D	
	{ hook em' horns			
	{1 x 100 on 1:30 Individual Medley	EN1	D	
	{ ok drill			
	{1 x 100 on 1:25 Individual Medley	EN1	S	
300	1 x 300 on 4:30 Freestyle	REC	S	

Workout #1287 - Thursday, 08 March 2001 Group 3 - Taper 2 1 minute rest between sets

7:01 PM 4,505 Yards - Stress Value = 48

	5:15 PM Start			
Yards	Set Description	EGY	WOF	
	=======================================	===	===	
	1 on 20:00 Stomach and Stretch			
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC		
180	12 x 15 on :30 Shooters	SP3		

1	on 20:00 Stomach and Stretch	
600 1	x 600 on 12:00 Swim-kick-pull-swim RE	EC
180 1	2 x 15 on :30 Shooters SE	23
1x{2	x 100 on 2:00 Kick EN	12
{ 2	x 100 on 1:55 Kick EN	12
{ 2	x 100 on 1:50 Kick EN	12
1x{2	x 150 on 2:15 Pulls mid 50 br ev 7 EN	11
{ 2	x 150 on 2:15 Pulls mid 50 br ev 8 EM	V 1
1x{1	x 150 on 2:30 Choice EN	11
{1	x 150 on 2:25 Choice EN	11
{ 1	x 150 on 2:20 Choice EN	11
{1	x 100 on 1:40 Choice EN	11
{1	x 100 on 1:35 Choice EN	V 1
{1	x 100 on 1:30 Choice EN	11
300 6	x 50 on 1:00 Stroke Drills RE	EC
6:37	PM 3,030 Yards - Stress Value = 34	

Workout #1286 - Thursday, 08 March 2001 **Group 3 - Sectional**

1 minute rest between sets

	5:15				-		
Yards	Se	эt	Desc	crip	otion	EGY WO	F
=====	==	-=-					=
	1	01	n 20:	:00	Stoma	ch and Stretch	
600	1	Х	600	on	12:00	Swim-kick-pull-swim REC	
180	12	2 2	k 15	on	:30 5	Shooters SP3	
	1x{2	Х	100	on	2:00	Kick EN2	
	{ 2	Х	100	on	1:55	Kick EN2	
	{ 2	Х	100	on	1:50	Kick EN2	
	1x{2	Х	150	on	2:15	Pulls mid 50 br ev 7 EN1	
	{ 2	Х	150	on	2:15	Pulls mid 50 br ev 8 EN1	
	{ 2	Х	150	on	2:15	Pulls mid 50 br ev 9 EN1	
	1x{1	Х	200	on	3:00	Your Stroke EN1	
	{ 1	х	200	on	2:55	Your Stroke EN1	
	{ 1	Х	200	on	2:50	Your Stroke EN1	
	{ 1	Х	150	on	2:15	Your Stroke EN1	
	{ 1	Х	150	on	2:10	Your Stroke EN1	

{ 1	x 15	50 on	2:05 Your Stroke	EN1
{ 1	x 10	00 on	1:30 Your Stroke	EN1
{ 1	x 10	00 on	1:25 Your Stroke	EN1
{ 1	x 10	00 on	1:20 Your Stroke	EN1
1	x 40	00 on	6:00 Stroke Drills	REC
6:50	PM 4	1,030	Yards - Stress Val	ue = 43

Workout #1288 - Friday, 09 March 2001 Group 3 - Sectional 1 minute rest between sets

400

	6:00 PM	Start		
Yards	Set	Description	EGY	WORF
	====		===	====
	1 or	n 10:00 Stretch on your own		I
800	1 x	800 on 15:00 Reverse IM drill	REC	Γ
	12x{1 x	15 on :00 Choice	SP3	٤
	{1 x	10 on :30 Freestyle	REC	٤
	1x{5 x	50 on 1:05 Kick	EN2	F
	{4 x	50 on 1:00 Kick	EN2	F
	{3 x	50 on 1:00 Kick	EN2	F
	1x{2 x	125 on 1:45 Pulls	EN1	E
	{2 x	125 on 1:40 Pulls	EN1	Ε
	{2 x	125 on 1:35 Pulls	EN1	E
	2x{3 x	100 on 1:45 Individual Medley	EN1	٤
	{3 x	50 on :45 Freestyle descend	EN1	٤
200	1 x	200 on 8:00 Broken at the 50's	SP2	٤
	res	st 10-20-30 sec		
500	5 x	100 on 1:45 Stroke Drills	REC	Γ
	7:32 PM	4,050 Yards - Stress Value = 54	1	

Workout #1289 - Saturday, 10 March 2001 Group 3 - Sectional 1 minute rest between sets

	8:30 AM Start			
Yards	Set Description	EGY	WORK	Š
=====	=======================================	===	====	=
	1 on 20:00 Stomach and Stretch 50 of everything		L	Γ
825	1 x 825 on 16:00 Choice of drill	REC	D	C
210	14 x 15 on :30 Cross pool sprints	SP3	S	
	1x{4 x 75 on 1:30 Kick	EN2	K	C
	$\{4 \times 50 \text{ on } 1:00 \text{ Kick no board}$	EN2	K	C
	$\{4 \times 25 \text{ on } : 45 \text{ Sprint kick} \}$	EN2	K	C
	$1x{4 \times 50 \text{ on } :50 \text{ Pulls}}$	EN1	P	
	$\{4 \times 50 \text{ on } : 45 \text{ Pulls}$	EN1	P	
	$\{4 \times 50 \text{ on } : 40 \text{ Pulls}$	EN1	P	
	$4x{1 x 150 on 2:30 Stroke Drills}$	REC	D	
	$\{4 \times 25 \text{ on } : 30 \text{ odds closed fist}$	REC	D	
	{ evens ok drill { do the sets IM order			
250	1×250 on $3:30$ Six kick switch	REC	D	
	10:02 AM 3,485 Yards - Stress Value =	= 2.6		

Workout #1290 - Monday, 12 March 2001 Group 3 - Sectional 1 minute rest between sets

Yards	5:15 PM Start Set Description	EGY	WORF
	=======================================	===	====
	1 on 20:00 Stomach and Stretch		I
600	1 x 600 on 12:00 Choice	REC	٤
150	10 x 15 on :30 Shooters	SP3	٤
	1x{1 x 100 on 2:00 Kick	EN2	F
	{1 x 100 on 1:55 Kick	EN2	F
	{1 x 75 on 1:30 Kick	EN2	ľ
	{1 x 75 on 1:25 Kick	EN2	F
	{1 x 50 on 1:00 Kick	EN2	ľ
	{1 x 50 on :55 Kick	EN2	F
	{1 x 25 on :30 Kick	EN2	F
	{1 x 25 on :25 Kick	EN2	F
	1x{1 x 300 on 4:00 Pulls	EN1	E
	{2 x 100 on 1:25 Pulls-nbbf&w	EN1	Ε
1,500	15 x 100 on 1:30 Choice of interval	EN1	٤
250	5 x 50 on 1:00 Stroke Drills	REC	Ι
	6:42 PM 3,500 Yards - Stress Value = 3	6	

Workout #1291 - Tuesday, 13 March 2001 Group 3 - Sectional

1 minute rest between sets

	5:15 PM Start		
Yards	Set Description	EGY	WORF
	=======================================	===	====
	1 on 20:00 Stomach and Stretch		I
600	1 x 600 on 12:00 Reverse IM drill	REC	Γ
150	10 x 15 on :30 Shooters	SP3	٤
	2x{1 x 100 on 2:00 Kick	EN2	ŀ
	{4 x 25 on :45 Sprint kick	EN2	ľ
400	2 x 200 on 2:45 Pulls	EN1	E
	6x{1 x 100 on 1:30 Individual Medley	EN1	٤
	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	٤
	{1 x 50 on 1:00 Stroke Drills-non fr	REC	Ι
250	10 x 25 on :40 Stroke Drills	REC	Γ
	6:40 PM 3,000 Yards - Stress Value = 2	7	

Workout #1292 - Wednesday, 14 March 2001 Group 3 - Sectional

1 minute rest between sets

	5:15 PM Start		
Yards	Set Description	EGY	WC
=====	=======================================	===	==
	1 on 20:00 Stomach and Stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim1	REC	
150	10 x 15 on :30 Shooters	SP3	
	1x{1 x 200 on 4:00 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:55 Kick	EN2	
	{1 x 100 on 1:50 Kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
	$1x\{2 \times 75 \text{ on } 1:15 \text{ Pulls no br L.5} \text{ yds}$	EN1	
	$\{2 \times 75 \text{ on } 1:10 \text{ Pulls no br L.}10 \text{ yds}$	EN1	
	$\{2 \times 75 \text{ on } 1:05 \text{ Pulls no br L.}15 \text{ yds}$	EN1	
	$\{2 \times 75 \text{ on } 1:00 \text{ Pulls no br L.20 yds}$	EN1	
300	12 x 25 on :30 IM order-build	EN1	
100	1 x 100 on 6:00 Broken at the 25's	SP2	
	10 seconds rest		
450	9 x 50 on 1:00 Stroke Drills	REC	
	6:43 PM 3,000 Yards - Stress Value = 39		

Workout #1293 - Thursday, 15 March 2001 Group 3 - All 1 minute rest between sets

Yards	5:15 PM Start Set Description	EGY	WOF
=====		===	===
	1 on 20:00 Stomach and Stretch		
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :30 Shooters	SP3	
	2x{1 x 150 on 3:00 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	{1 x 50 on 1:00 Kick	EN2	
	1x{5 x 50 on :55 Pulls-nbbf&w	EN1	
	{5 x 50 on :50 Pulls-nbbf&w	EN1	
	{5 x 50 on :45 Pulls-nbbf&w	EN1	
	$1x{2 x 150 on 2:00 Freestyle}$	EN1	
	{2 x 150 on 1:55 Freestyle	EN1	
	{2 x 150 on 1:50 Freestyle	EN1	
250	5 x 50 on 1:00 Stroke Drills	REC	
	6:39 PM 3,250 Yards - Stress Value = 33		
	Workout #1204 Friday 16 March 2001		

Workout #1294 - Friday, 16 March 2001 Group 3 - All

1 minute rest between sets

	5:00 PM	Start		
Yards	Set	Description	EGY	WC
=====	====		===	==
	1 or	20:00 Stomach and Stretch		
600	6 x	100 on 2:00 Stroke Drills	REC	
	10x{1 x	15 on :00 Freestyle	SP3	
	{1 x	10 on :30 Freestyle	REC	
	3x{1 x	100 on 2:00 Kick	EN2	
	{1 x	100 on 1:45 Kick	EN2	
600	2 x	300 on 4:30 Pulls mid 100 br ev9	EN1	
	1x{8 x	25 on :35 Butterfly	EN1	
	{8 x	25 on :30 Backstroke	EN1	
	{8 x	25 on :40 Breaststroke	EN1	
	{8 x	25 on :25 Freestyle	EN1	
300	1 x	300 on 5:00 Stroke Drills	REC	
	6:26 PM	3,150 Yards - Stress Value = 32		

Workout #1295 - Tuesday, 17 April 2001 Group 3 - All

	5:15 PM Start		
Yards	Set Description	EGY	WOF
=====		===	===
	1 on 20:00 Stomach and Stretch		
	1 on 10:00 Sculling drills	REC	
800	8 x 100 on 2:00 Stroke Drills-all fr	REC	
210	14 x 15 on :30 Pit sprints	SP3	
	1x{6 x 50 on 1:15 Kick	EN1	
	{6 x 50 on 1:10 Kick	EN2	
	{6 x 50 on 1:05 Kick	EN1	
	1x{2 x 100 on 1:40 Pulls	EN1	
	{2 x 100 on 1:35 Pulls	EN1	
	{2 x 100 on 1:30 Pulls	EN1	
	{2 x 100 on 1:25 Pulls	EN1	
	1 on 15:00 Techniques-Tennesse		
	turn drills		
200	2 x 100 on 2:00 Individual Medley	EN1	
1,000	4 x 250 on 3:30 3:00 swims :30 rest	EN1	
500	10 x 50 on 1:00 Stroke Drills	REC	
	7:31 PM 4,410 Yards - Stress Value = 40		

Workout #1296 - Wednesday, 18 April 2001 Group 3 - All

1 minute rest between sets

	5:15 PM Start		
Yards	Set Description	EGY	WORK
	=======================================	===	====
	1 on 20:00 Stomach and Stretch		L
825	1 x 825 on 16:00 Reverse IM drill	REC	D
	1 on 10:00 Techniques-finishes		D
	12x{1 x 15 on :00 Freestyle	SP3	S
	$\{1 \times 10 \text{ on } : 30 \text{ Freestyle} \}$	REC	S
	3x{1 x 150 on 3:15 Kick	EN1	K
	$\{4 \times 25 \text{ on } : 45 \text{ Sprint kick} \}$	EN1	K
	$1x\{1 \ x \ 200 \ on \ 3:05 \ Pulls$	EN1	P
	{1 x 200 on 3:00 Pulls	EN1	P
	$\{1 \times 200 \text{ on } 2:55 \text{ Pulls}$	EN1	P
	{1 x 200 on 2:50 Pulls	EN1	P
	{1 x 200 on 2:45 Pulls	EN1	P
300	12×25 on :30 IM order-build	EN1	S
	$1x{4 \times 75}$ on 1:15 Freestyle	EN1	S
	$\{5 \times 75 \text{ on } 1:10 \text{ Freestyle} \}$	EN1	S
	$\{6 \times 75 \text{ on } 1:05 \text{ Freestyle} \}$	EN1	S
	${7 \times 75 \text{ on } 1:00 \text{ Freestyle}}$	EN1	S
250	10×25 on :40 Stroke Drills	REC	D
	7:25 PM 5,075 Yards - Stress Value = 4	43	

Workout #1297 - Thursday, 19 April 2001 Group 3 - All

1 minute rest between sets

	5:15 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 20:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-starts		
180	12 x 15 on :30 Shooters	SP3	
	3x{1 x 100 on 2:10 Kick	EN1	
	{1 x 100 on 2:05 Kick	EN1	
	{1 x 100 on 2:00 Kick	EN1	
	1x{1 x 400 on 5:20 Pulls	EN1	
	{1 x 300 on 4:15 Pulls	EN1	
	{1 x 200 on 3:00 Pulls	EN1	
	{1 x 100 on 1:35 Pulls	EN1	
400	8 x 50 on 1:00 25 free 25 stroke	EN1	
	2 on each stroke		
	$4x{4 \times 25 \text{ on } :30 \text{ Freestyle}}$	EN1	
	${3 \times 25 \text{ on :} 25 \text{ Freestyle}}$	EN1	
	$\{2 \times 25 \text{ on } : 20 \text{ Freestyle}$	EN1	
	$\{1 \times 25 \text{ on } : 15 \text{ Freestyle} \}$	EN1	
	{1 x 200 on 4:00 Freestyle	REC	
	7:27 PM $5,080$ Yards - Stress Value = 40		

Workout #1298 - Friday, 20 April 2001 Group 3 - All

1 minute rest between sets

Yards	5:15 PM Start Set Description	EGY	WC ==
	1 on 20:00 Stomach and Stretch		
800	16 x 50 on 1:00 Stroke Drills	REC	
	12x{1 x 15 on :00 Choice	SP3	
	$\{1 \times 10 \text{ on } : 30 \text{ Freestyle}$	REC	
	$1x\{2 \times 100 \text{ on } 1:45 \text{ Kick with flippers}$	EN1	
	{2 x 100 on 1:40 Kick with flippers	EN1	
	{2 x 100 on 1:35 Kick with flippers	EN1	
	$1x{4 \times 50 \text{ on } 1:00 \text{ Pulls-nbbf&w}}$	EN1	
	$\{4 \times 50 \text{ on :} 55 \text{ Pulls-nbbf&w}$	EN1	
	{4 x 50 on :50 Pulls-nbbf&w	EN1	
400	4 x 100 on 1:40 Descend to ludicrous	EN2	
	speed		

200 1 x 200 on 3:00 Stroke Drills 1 on 25:00 Water polo 6:58 PM 2,900 Yards - Stress Value = 27

Workout #1299 - Saturday, 21 April 2001 Group 3 - All 1 minute rest between sets

Yards		AM Start et Description	EGY	WORK
======	==	=======================================	===	====
	1	on 25:00 Stomach and Stretch		L
825		x 825 on 15:00 Reverse IM drill	REC	D
210	14	1 x 15 on :30 Cross pool sprints	SP3	S
	1x{3	x 125 on 2:40 Kick	EN1	K
	{ 3	x 125 on 2:35 Kick	EN1	K
	{ 2	x 125 on 2:30 Kick	EN1	K
	{ 1	x 100 on 2:30 Kick for time	EN3	K
	1x{1	x 300 on 4:30 Pulls	EN1	_
	{ 2	x 150 on 2:15 Pulls	EN1	_
	{ 3	x 100 on 1:30 Pulls	EN1	P
	{ 4	x 75 on 1:05 Pulls	EN1	_
400	1	x 400 on 7:00 Every 2nd lap fast	EN1	S
		free every 3rd strke		
	1x{4	x 100 on 1:45 Individual Medley		
			EN2	-
	-	x 100 on 1:40 Individual Medley		
			EN2	
		x 100 on 1:35 Individual Medley		
		<u>-</u>	EN1	
400		x 400 on 7:00 Stroke Drills		D
	9:47	AM 5,935 Yards - Stress Value = 0	62	

Workout #1300 - Monday, 23 April 2001 Group 3 - All 1 minute rest between sets

	5:15 AM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
425	1 x 425 on 8:00 Stroke Drills	REC	Γ
210	14 x 15 on :30 Pit sprints	SP3	٤
900	12 x 75 on 1:20 25 kick 25 drill 25	EN1	٤
	swim 3 on each strke		
	1x{2 x 150 on 2:20 Pulls	EN1	E
	{2 x 150 on 2:15 Pulls	EN1	E
	{2 x 150 on 2:10 Pulls	EN1	E
	{2 x 150 on 2:05 Pulls	EN1	E
	$1x{5 \times 25 \text{ on } :35 \text{ Freestyle}}$	EN1	٤
	$\{5 \times 25 \text{ on } : 30 \text{ Freestyle} \}$	EN1	٤
	$\{5 \times 25 \text{ on :} 25 \text{ Freestyle}$	EN1	٤
	$\{5 \times 25 \text{ on :} 20 \text{ Freestyle}$	EN1	٤
400	8 x 50 on 1:00 Stroke Drills	REC	Γ
	6:27 AM 3,635 Yards - Stress Value = 33	3	

EN1

EN2

EN2

REC

REC

Workout #1301 - Monday, 23 April 2001 Group 3 - All

1 minute rest between sets

 $\{5 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w}$

 $1x{3 \times 125 \text{ on } 2:10 \text{ IM w/ }50 \text{ fly}}$

 $1x{4 x 25 on :30 Freestyle}$

 $\{4 \times 25 \text{ on } : 25 \text{ Freestyle} \}$

 $\{4 \times 25 \text{ on :} 20 \text{ Freestyle}$

 $\{4 \times 25 \text{ on :} 15 \text{ Freestyle}$

200

 $\{3 \times 125 \text{ on } 2:05 \text{ IM w/ } 50 \text{ back} \}$

 $\{3 \times 125 \text{ on } 2:00 \text{ IM w/ } 50 \text{ free}$

1 x 200 on 4:00 Stroke Drills

 ${3 \times 125 \text{ on } 2:15 \text{ IM w}/50 \text{ breast } EN1}$

EN1

EN1

EN1

EN1

EN1

EN1

EN1

EN1

REC

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200

6:29 AM 3,735 Yards - Stress Value = 36 Workout #1304 - Wednesday, 25 April 2001

Group 3 - All

				Group 3 - All	
5:15 PM Start				1 minute rest between sets	
Yards Set Description	EC	GY WC			
		== ==		5:15 PM Start	
1 on 30:00 Bolles scho	ool & stre		Yards	Set Description	EGY WOF
800 1 x 800 on 15:00 Swim-	-kick-pull-swim RE		=====	=======================================	
$12x\{1 \times 15 \text{ on } : 00 \text{ Freestyl} $		=- P3		1 on 20:00 Stomach and Stretch	
$\{1 \times 10 \text{ on } : 30 \text{ Freestyl} \}$		EC	005		DEG
1 on 10:00 Techniques-		ьс	825	1 x 825 on 15:00 Choice	REC
-		NT O	150	10 x 15 on :30 Cross pool sprints	SP3
6x{1 x 100 on 2:15 Kick 1		N3		all under h20	
{1 x 100 on 2:00 Kick	EN			1 on 9:00 Techniques-finishes	
1,200 12 x 100 on 1:30 Lungb	ouster pulls EN	NI 1	1,000	1x{1 x 500 on 10:00 Kick	EN1
odds br 3-5-7-5				{5 x 100 on 2:00 Kick ALL OUT!!!!!	EN3
evens br 2-4-6-4		-	1,250	$1x{4 \times 125}$ on 2:00 Pulls no br L.10 yds	EN1
300 1 x 300 on 5:00 Indivi	idual Medley EN	N1		{3 x 125 on 2:00 Pulls no br L.15 yds	EN1
build each 25				{3 x 125 on 2:00 Pulls no br L.20 yds	EN1
1x{2 x 200 on 2:45 Freest		N2	300	1 x 300 on 4:30 Every 3rd lap fast	EN1
{2 x 200 on 2:40 Freest	tyle EN	N2 -	1.900	1x{4 x 75 on 1:15 Freestyle	EN1
{2 x 200 on 2:35 Freest	tyle EN	N2	_,	$\{4 \times 25 \text{ on } : 30 \text{ Free all under } : 15$	EN3
200 1 x 200 on 4:00 Stroke	e Drills RE	EC		{4 x 75 on 1:10 Freestyle	EN1
7:31 PM 5,200 Yards - Stre	ess Value = 88			{6 x 25 on :30 Free all under :15	EN3
				{4 x 75 on 1:05 Freestyle	EN1
W 1 4 //1202 T 1 24	1 4 2 2001			{8 x 25 on :30 Free all under :15	EN3
Workout #1302 - Tuesday, 24	Aprii 2001			$\{4 \times 75 \text{ on } 1:00 \text{ Free all under } 1:15$	
Group 3 - All				,	EN1
1 minute rest between	ı sets		0.00	{10 x 25 on :30 Free all under :15	EN3
			200		REC
5:15 PM Start				7:30 PM 5,625 Yards - Stress Value = 113	L
Yards Set Description	FC	GY WC			
===== =================================				Workout #1305 - Thursday, 26 April 2001	
				Group 3 - All	
1 on 40:00 Run and Str				Group 3 - An	
000 1 000 15.00 9	1-1-1- DT				
800 1 x 800 on 15:00 Swim-	_			1 minute rest between sets	
$10x\{1 \times 15 \text{ on } : 00 \text{ Freestyl}$	Le SI	Р3		1 minute rest between sets	
$10x\{1 \times 15 \text{ on :} 00 \text{ Freestyl} $ $\{1 \times 10 \text{ on :} 30 \text{ Freestyl} \}$	Le SE	P3 EC		1 minute rest between sets 5:15 PM Start	
10x{1 x 15 on :00 Freestyl {1 x 10 on :30 Freestyl 2x{1 x 150 on 3:00 Kick	Le SE Le RE EN	P3 EC N2	Yards		EGY WC
10x{1 x 15 on :00 Freestyl {1 x 10 on :30 Freestyl 2x{1 x 150 on 3:00 Kick {2 x 75 on 1:30 Kick	Le SE Le RE EN	P3 EC N2 <u>1</u> N2 ==	Yards =====	5:15 PM Start	
10x{1 x 15 on :00 Freestyl {1 x 10 on :30 Freestyl 2x{1 x 150 on 3:00 Kick {2 x 75 on 1:30 Kick {3 x 50 on 1:00 Kick	Le SI Le RE EN EN	P3 EC N2 <u>5</u> N2 ==		5:15 PM Start Set Description	
10x{1 x 15 on :00 Freestyl {1 x 10 on :30 Freestyl 2x{1 x 150 on 3:00 Kick {2 x 75 on 1:30 Kick {3 x 50 on 1:00 Kick {6 x 25 on :30 Kick	Le SI Le RE EN EN EN	P3 EC N2 == N2 == N2		5:15 PM Start Set Description	
10x{1 x 15 on :00 Freestyl {1 x 10 on :30 Freestyl 2x{1 x 150 on 3:00 Kick {2 x 75 on 1:30 Kick {3 x 50 on 1:00 Kick {6 x 25 on :30 Kick 900 3 x 300 on 4:00 Pulls	Le SI Le RE EN EN EN EN	P3 EC N2 == N2 == N2	====	5:15 PM Start Set Description 1 on 40:00 Running and stretch	= === ==
10x{1 x 15 on :00 Freestyl {1 x 10 on :30 Freestyl 2x{1 x 150 on 3:00 Kick {2 x 75 on 1:30 Kick {3 x 50 on 1:00 Kick {6 x 25 on :30 Kick	Le SI Le RE EN EN EN EN	P3 EC N2 == N2 == N2	====	5:15 PM Start Set Description 1 on 40:00 Running and stretch x 100 on 2:00 Stroke Drills odds free evens choi	= === ==
10x{1 x 15 on :00 Freestyl {1 x 10 on :30 Freestyl 2x{1 x 150 on 3:00 Kick {2 x 75 on 1:30 Kick {3 x 50 on 1:00 Kick {6 x 25 on :30 Kick 900 3 x 300 on 4:00 Pulls	Le SI Le RE EN EN EN EN EN EN EN EN	P3 EC N2 == N2 == N2 N2 N1	800	5:15 PM Start Set Description 1 on 40:00 Running and stretch x 100 on 2:00 Stroke Drills odds free evens choi on 10:00 Techniques-open trns	= === ==
10x{1 x 15 on :00 Freestyl {1 x 10 on :30 Freestyl 2x{1 x 150 on 3:00 Kick {2 x 75 on 1:30 Kick {3 x 50 on 1:00 Kick {6 x 25 on :30 Kick 900 3 x 300 on 4:00 Pulls 300 6 x 50 on :45 Freestyl	Le SELE SELE SELE SELE SELE SELE SELE SE	P3 EC N2 == N2 == N2 N2 N1	800	5:15 PM Start Set Description 1 on 40:00 Running and stretch 8 x 100 on 2:00 Stroke Drills odds free evens choi 1 on 10:00 Techniques-open trns 12x{1 x 15 on :00 Freestyle	REC SP3
10x{1 x 15 on :00 Freestyl {1 x 10 on :30 Freestyl 2x{1 x 150 on 3:00 Kick {2 x 75 on 1:30 Kick {3 x 50 on 1:00 Kick {6 x 25 on :30 Kick 900 3 x 300 on 4:00 Pulls 300 6 x 50 on :45 Freestyl 1x{1 x 300 on 4:30 Freest	Le SELE RE	P3 EC N2 == N2 == N2 N2 N1 N1	800	5:15 PM Start Set Description 1 on 40:00 Running and stretch 8 x 100 on 2:00 Stroke Drills odds free evens choi 1 on 10:00 Techniques-open trns 12x{1 x 15 on :00 Freestyle {1 x 10 on :30 Freestyle}	REC SP3 REC
10x{1 x 15 on :00 Freestyl {1 x 10 on :30 Freestyl 2x{1 x 150 on 3:00 Kick {2 x 75 on 1:30 Kick {3 x 50 on 1:00 Kick {6 x 25 on :30 Kick 900 3 x 300 on 4:00 Pulls 300 6 x 50 on :45 Freestyl 1x{1 x 300 on 4:30 Freest {3 x 100 on 1:10 Freest	Le SELE RE EN	P3 EC N2 N2 N2 N2 N2 N1 N1 N1 N1 N1	800 300 900	5:15 PM Start Set Description 1 on 40:00 Running and stretch 8 x 100 on 2:00 Stroke Drills odds free evens choi 1 on 10:00 Techniques-open trns 12x{1 x 15 on :00 Freestyle {1 x 10 on :30 Freestyle 18 x 50 on 1:05 Kick des in 3's	REC SP3 REC EN2
10x{1 x 15 on :00 Freestyl {1 x 10 on :30 Freestyl 2x{1 x 150 on 3:00 Kick {2 x 75 on 1:30 Kick {3 x 50 on 1:00 Kick {6 x 25 on :30 Kick 900 3 x 300 on 4:00 Pulls 300 6 x 50 on :45 Freestyl 1x{1 x 300 on 4:30 Freest {3 x 100 on 1:10 Freest {1 x 300 on 4:20 Freest	Le SELE RE EN	P3 EC N2 N2 N2 N2 N2 N1 N1 N1 N1 N2 N1	800 300 900	5:15 PM Start Set Description 1 on 40:00 Running and stretch 8 x 100 on 2:00 Stroke Drills odds free evens choi 1 on 10:00 Techniques-open trns 12x{1 x 15 on :00 Freestyle {1 x 10 on :30 Freestyle 18 x 50 on 1:05 Kick des in 3's 1x{1 x 250 on 3:45 Pulls	REC SP3 REC EN2 EN1
10x{1 x 15 on :00 Freestyl {1 x 10 on :30 Freestyl 2x{1 x 150 on 3:00 Kick {2 x 75 on 1:30 Kick {3 x 50 on 1:00 Kick {6 x 25 on :30 Kick 900 3 x 300 on 4:00 Pulls 300 6 x 50 on :45 Freestyl 1x{1 x 300 on 4:30 Freest {3 x 100 on 1:10 Freest {1 x 300 on 4:20 Freest {3 x 100 on 1:15 Freest	Le SELE RE EN E	P3 EC N2 N2 N2 N2 N2 N1 N1 N1 N1 N2 N1	800 300 900	5:15 PM Start Set Description 1 on 40:00 Running and stretch 8 x 100 on 2:00 Stroke Drills odds free evens choi 1 on 10:00 Techniques-open trns 12x{1 x 15 on :00 Freestyle {1 x 10 on :30 Freestyle 18 x 50 on 1:05 Kick des in 3's 1x{1 x 250 on 3:45 Pulls {1 x 250 on 3:40 Pulls	REC SP3 REC EN2 EN1 EN1
10x{1 x 15 on :00 Freestyl {1 x 10 on :30 Freestyl 2x{1 x 150 on 3:00 Kick {2 x 75 on 1:30 Kick {3 x 50 on 1:00 Kick {6 x 25 on :30 Kick 900 3 x 300 on 4:00 Pulls 300 6 x 50 on :45 Freestyl 1x{1 x 300 on 4:30 Freest {3 x 100 on 1:10 Freest {1 x 300 on 4:20 Freest {3 x 100 on 1:15 Freest {1 x 300 on 4:10 Freest	Le SELE RE EN	P3 EC N2 N2 N2 N2 N2 N1 N1 N1 N1 N2 N1 N1 N2 N1	800 300 900	5:15 PM Start Set Description 1 on 40:00 Running and stretch 8 x 100 on 2:00 Stroke Drills odds free evens choi 1 on 10:00 Techniques-open trns 12x{1 x 15 on :00 Freestyle {1 x 10 on :30 Freestyle 18 x 50 on 1:05 Kick des in 3's 1x{1 x 250 on 3:45 Pulls {1 x 250 on 3:40 Pulls {1 x 250 on 3:35 Pulls	REC SP3 REC EN2 EN1 EN1 EN1
10x{1 x 15 on :00 Freestyl {1 x 10 on :30 Freestyl 2x{1 x 150 on 3:00 Kick {2 x 75 on 1:30 Kick {3 x 50 on 1:00 Kick {6 x 25 on :30 Kick 900 3 x 300 on 4:00 Pulls 300 6 x 50 on :45 Freestyl 1x{1 x 300 on 4:30 Freest {3 x 100 on 1:10 Freest {1 x 300 on 4:20 Freest {3 x 100 on 1:15 Freest {1 x 300 on 4:10 Freest {3 x 100 on 1:20 Freest {3 x 100 on 1:20 Freest {3 x 100 on 4:00 Stroke	Le SI Le RE EN	P3 EC N2 N2 N2 N2 N1 N1 N1 N1 N2 N1	800 300 900 1,000	5:15 PM Start Set Description 1 on 40:00 Running and stretch 8 x 100 on 2:00 Stroke Drills odds free evens choi 1 on 10:00 Techniques-open trns 12x{1 x 15 on :00 Freestyle {1 x 10 on :30 Freestyle 18 x 50 on 1:05 Kick des in 3's 1x{1 x 250 on 3:45 Pulls {1 x 250 on 3:35 Pulls {1 x 250 on 3:30 Pulls {1 x 250 on 3:30 Pulls }	REC SP3 REC EN2 EN1 EN1 EN1 EN1
10x{1 x 15 on :00 Freestyl {1 x 10 on :30 Freestyl 2x{1 x 150 on 3:00 Kick {2 x 75 on 1:30 Kick {3 x 50 on 1:00 Kick {6 x 25 on :30 Kick 900 3 x 300 on 4:00 Pulls 300 6 x 50 on :45 Freestyl 1x{1 x 300 on 4:30 Freest {3 x 100 on 1:10 Freest {3 x 100 on 1:15 Freest {3 x 100 on 1:20 Freest }	Le SI Le RE EN	P3 EC N2 N2 N2 N2 N1 N1 N1 N1 N2 N1	800 300 900 1,000	5:15 PM Start Set Description 1 on 40:00 Running and stretch 8 x 100 on 2:00 Stroke Drills odds free evens choi 1 on 10:00 Techniques-open trns 12x{1 x 15 on :00 Freestyle {1 x 10 on :30 Freestyle 18 x 50 on 1:05 Kick des in 3's 1x{1 x 250 on 3:45 Pulls {1 x 250 on 3:35 Pulls {1 x 250 on 3:30 Pulls {1 x 250 on 3:30 Pulls {1 x 250 on 2:15 100 free 50 non free	REC SP3 REC EN2 EN1 EN1 EN1 EN1
10x{1 x 15 on :00 Freestyl {1 x 10 on :30 Freestyl 2x{1 x 150 on 3:00 Kick {2 x 75 on 1:30 Kick {3 x 50 on 1:00 Kick {6 x 25 on :30 Kick 3 x 300 on 4:00 Pulls 300 6 x 50 on :45 Freestyl 1x{1 x 300 on 4:30 Freest {3 x 100 on 1:10 Freest {1 x 300 on 4:20 Freest {3 x 100 on 1:15 Freest {1 x 300 on 4:10 Freest {3 x 100 on 1:20 Freest {3 x 100 on 1:20 Freest {3 x 100 on 4:00 Stroke 7:31 PM 5,450 Yards - Streen }	Le SE Le RE EN	P3 EC N2 N2 N2 N2 N1 N1 N1 N1 N2 N1	800 300 900 1,000	5:15 PM Start Set Description =================================	REC SP3 REC EN2 EN1 EN1 EN1 EN1
10x{1 x 15 on :00 Freestyl {1 x 10 on :30 Freestyl 2x{1 x 150 on 3:00 Kick {2 x 75 on 1:30 Kick {3 x 50 on 1:00 Kick {6 x 25 on :30 Kick 900 3 x 300 on 4:00 Pulls 300 6 x 50 on :45 Freestyl 1x{1 x 300 on 4:30 Freest {3 x 100 on 1:10 Freest {1 x 300 on 4:20 Freest {3 x 100 on 1:15 Freest {1 x 300 on 4:10 Freest {1 x 300 on 4:00 Stroke 7:31 PM 5,450 Yards - Streen	Le SE Le RE EN	P3 EC N2 N2 N2 N2 N1 N1 N1 N1 N2 N1	800 300 900 1,000	5:15 PM Start Set Description 1 on 40:00 Running and stretch 8 x 100 on 2:00 Stroke Drills odds free evens choi 1 on 10:00 Techniques-open trns 12x{1 x 15 on :00 Freestyle {1 x 10 on :30 Freestyle 18 x 50 on 1:05 Kick des in 3's 1x{1 x 250 on 3:45 Pulls {1 x 250 on 3:35 Pulls {1 x 250 on 3:30 Pulls {1 x 250 on 3:30 Pulls {1 x 250 on 2:15 100 free 50 non free	REC SP3 REC EN2 EN1 EN1 EN1 EN1
10x{1 x 15 on :00 Freestyl {1 x 10 on :30 Freestyl 2x{1 x 150 on 3:00 Kick {2 x 75 on 1:30 Kick {3 x 50 on 1:00 Kick {6 x 25 on :30 Kick 3 x 300 on 4:00 Pulls 300 6 x 50 on :45 Freestyl 1x{1 x 300 on 4:30 Freest {3 x 100 on 1:10 Freest {1 x 300 on 4:20 Freest {3 x 100 on 1:15 Freest {1 x 300 on 4:10 Freest {3 x 100 on 1:20 Freest {3 x 100 on 1:20 Freest {3 x 100 on 4:00 Stroke 7:31 PM 5,450 Yards - Streen }	Le SE Le RE EN	P3 EC N2 N2 N2 N2 N1 N1 N1 N1 N2 N1	800 300 900 1,000	5:15 PM Start Set Description =================================	REC SP3 REC EN2 EN1 EN1 EN1 EN1
10x{1 x 15 on :00 Freestyl {1 x 10 on :30 Freestyl 2x{1 x 150 on 3:00 Kick {2 x 75 on 1:30 Kick {3 x 50 on 1:00 Kick {6 x 25 on :30 Kick 900 3 x 300 on 4:00 Pulls 300 6 x 50 on :45 Freestyl 1x{1 x 300 on 4:30 Freest {3 x 100 on 1:10 Freest {1 x 300 on 4:20 Freest {3 x 100 on 1:15 Freest {1 x 300 on 4:10 Freest {1 x 300 on 4:00 Stroke 7:31 PM 5,450 Yards - Streen	Le SELE RE EN	P3 EC N2 N2 N2 N2 N1 N1 N1 N1 N2 N1	800 300 900 1,000	5:15 PM Start Set Description =================================	REC SP3 REC EN2 EN1 EN1 EN1 EN1
10x{1 x 15 on :00 Freestyl {1 x 10 on :30 Freestyl 2x{1 x 150 on 3:00 Kick {2 x 75 on 1:30 Kick {3 x 50 on 1:00 Kick {6 x 25 on :30 Kick 3 x 300 on 4:00 Pulls 300 6 x 50 on :45 Freestyl 1x{1 x 300 on 4:30 Freest {3 x 100 on 1:10 Freest {1 x 300 on 4:20 Freest {3 x 100 on 1:15 Freest {1 x 300 on 4:10 Freest {3 x 100 on 1:20 Freest {3 x 1	Le SELE RE EN	P3 EC N2 N2 N2 N2 N1 N1 N1 N1 N2 N1	800 300 900 1,000	5:15 PM Start Set Description	REC SP3 REC EN2 EN1 EN1 EN1 EN1
10x{1 x 15 on :00 Freestyl	Le SELE RE EN	P3 EC N2 N2 N2 N2 N1 N1 N1 N1 N2 N1	800 300 900 1,000	5:15 PM Start Set Description =================================	REC SP3 REC EN2 EN1 EN1 EN1 EN1
10x{1 x 15 on :00 Freestyl {1 x 10 on :30 Freestyl 2x{1 x 150 on 3:00 Kick {2 x 75 on 1:30 Kick {3 x 50 on 1:00 Kick {6 x 25 on :30 Kick 3 x 300 on 4:00 Pulls 300 6 x 50 on :45 Freestyl 1x{1 x 300 on 4:30 Freest {3 x 100 on 1:10 Freest {1 x 300 on 4:20 Freest {3 x 100 on 1:15 Freest {1 x 300 on 4:10 Freest {3 x 100 on 1:20 Freest {3 x 100 on 4:00 Stroke 7:31 PM 5,450 Yards - Stree Workout #1303 - Wednesday, 2	Le SELE RE EN	P3 ECC N2 N2 N2 N2 N1 N1 N1 N1 N2 N2 N1 N2 N2 N1 N2 N2 N3 N4 N4 N4 N5 N6 N6 N6 N6 N7 N6 N7 N7 N8	800 300 900 1,000	5:15 PM Start Set Description	REC SP3 REC EN2 EN1 EN1 EN1 EN1
10x{1 x 15 on :00 Freestyl	Le SELE RE EN E	P3 ECC N2 N2 N2 N2 N1 N1 N1 N1 N2 N1 N2 N1 N2 RK S1	800 300 900 1,000	5:15 PM Start Set Description =================================	REC SP3 REC EN2 EN1 EN1 EN1 EN1
10x{1 x 15 on :00 Freestyl	Le SELE RE LE RE EN	P3 ECC N2 N2 N2 N2 N1 N1 N1 N1 N2 N2 N1 N2 N2 N1 N2 N2 N1 N2 N2 N2 N2 N3 N4 N4 N5 N6 N6 N6 N7 N6 N7 N7 N8	800 300 900 1,000	5:15 PM Start Set Description	REC SP3 REC EN2 EN1 EN1 EN1 EN1 EN1
10x{1 x 15 on :00 Freestyl	Le SELE RE LE RE EN	P3 ECC N2 N2 N2 N2 N1 N1 N1 N1 N2 N1 N2 N1 N2 R6 EC RK S1 ==== D 1 1	800 300 900 1,000 1,350	5:15 PM Start Set Description	REC SP3 REC EN2 EN1 EN1 EN1 EN1 EN1 EN1
10x{1 x 15 on :00 Freestyl	Le SELE RE LE RE EN E	P3 EC N2 N2 N2 N1 N1 N1 N1 N2 N1 N2 N1 N2 S EC RK S1 ==== D 1	800 300 900 1,000 1,350 Yards	5:15 PM Start Set Description =================================	REC SP3 REC EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1
10x{1 x 15 on :00 Freestyl	Le SELE RE LE RE L	P3 ECC N2 N2 N2 N1 N1 N1 N1 N2 N2 N1 N2	800 300 900 1,000 1,350 Yards ==== 425	5:15 PM Start Set Description =================================	REC SP3 REC EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1
10x{1 x 15 on :00 Freestyl	Le SELE RE LE RE L	P3 EC N2 N2 N2 N1 N1 N1 N1 N2 EC	800 300 900 1,000 1,350 Yards 425 180	5:15 PM Start Set Description =================================	REC SP3 REC EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN1

{2 x 500 on 6:45 Pulls

ludicrous speed

1,200 6x{1 x 100 on 1:20 Individual Medley

 $\{1 \times 50 \text{ on } 1:00 \text{ Freestyle-EZ} \}$

1 x 200 on 3:00 Stroke Drills

6:29 AM 4,405 Yards - Stress Value = 53

4 x 100 on 1:30 Freestyle-descend to EN2

 $\{1 \text{ x } 50 \text{ on } : 40 \text{ Freestyle}$

EGY WC

Workout #1307 - Friday, 27 April 2001 Group 3 - All

1 minute rest between sets

						Group 3 - All
	5:15 PM Start					1 minute rest between sets
			WOR			
=====	1 20 00 7 11 1 1 1 2 1 1	===				5:15 PM Start
C00	1 on 30:00 Bolles school & strc	DEG		LI	Ialus	±
		REC EN2		S (
		ENZ EN1		K (S		1 on 30:00 Bolles school 2X
	6 x 100 on 1:30 Descend in sets of 3			s S		and stretching
		EN1		S	800	
		REC		D		1 on 10:00 Techniques-Stanford
200	1 on 27:00 Water polo	ш		S	200	turn drills
	6:59 PM 2,400 Yards - Stress Value =	19		0	300	12x{1 x 15 on :00 Freestyle
	o.oo iii zy ioo ialab belebe valae				1 000	{1 x 10 on :30 Freestyle
	W 1 4 #1209 G 4 1 20 4 1 2001				1,000	1x{2 x 100 on 2:05 Kick {2 x 100 on 2:00 Kick
	Workout #1308 - Saturday, 28 April 2001					{2 x 100 on 2:00 kick
	Group 3 - All					{2 x 100 on 1:50 Kick
	1 minute rest between sets					{2 x 100 on 1:45 Kick
					1 350	1x{3 x 150 on 2:15 Pulls-nbbf&w
	7:30 AM Start				1,550	{3 x 150 on 2:15 Pulls mid 50 br
Yards	Set Description	I	EGY 1	WOF		{3 x 150 on 2:15 Pulls last 25 2
=====	=======================================	== :	=== :	===	600	·
	1 on 30:00 Stomach and Stretch					8 x 250 on 3:30 3:00 swims :30
825	1				250	
210	1 1		SP3			7:45 PM 6,300 Yards - Stress Value
900	3x{1 x 150 on 3:00 Kick		EN2			
	{1 x 100 on 2:00 Kick		EN2			Workout #1311 - Tuesday, 01 May 2001
0 000	{1 x 50 on 1:00 Kick		EN2			•
2,000	1x{4 x 100 on 1:30 Pulls		EN1			Group 3 - All
	{3 x 200 on 2:50 Pulls {2 x 300 on 4:00 Pulls		EN1			1 minute rest between sets
	{2 x 300 on 4:00 Pulls {1 x 400 on 5:00 Pulls		EN1 EN1			
300			EN1			5:15 PM Start
	1x{6 x 100 on 1:15 Freestyle		EN2		Yards	
2,100	{1 on 1:00 Rest	,	LINZ			
	{5 x 100 on 1:15 Freestyle	1	EN2		0.00	1 on 40:00 Running and Stretch
	{1 on 1:00 Rest				800	±
	{4 x 100 on 1:15 Freestyle	1	EN2		300	$12x\{1 \times 15 \text{ on : 00 Butterfly} $ {1 x 10 on :30 Freestyle
	{1 on 1:00 Rest	_	_		1 200	2x{2 x 125 on 2:30 Kick
	{3 x 100 on 1:15 Freestyle	1	EN2		1,200	2x{2 x 125 on 2:30 kick {2 x 100 on 2:00 Kick
	{1 on 1:00 Rest					{2 x 75 on 1:30 Kick
	{2 x 100 on 1:15 Freestyle	1	EN2		1,200	
	{1 on 1:00 Rest				300	
	{1 x 100 on 1:15 Freestyle	1	EN2			1x{1 x 200 on 3:00 Backstroke
250	-]	REC		1,100	{6 x 25 on :45 Back 15m under wa
	9:58 AM 6,585 Yards - Stress Value =	91				{1 x 200 on 2:55 Backstroke
						{6 x 25 on :45 back 15m under wa
	Workout #1309 - Monday, 30 April 2001					{1 x 200 on 2:50 Backstroke
	***					{6 x 25 on :45 Back 15m under wa
	Group 3 - All					$\{1 \times 200 \text{ on } 2.45 \text{ Backstroke}\}$

1 minute rest between sets

5:15 AM Start

Yards	Set Description	EGY	WOF
425 210 1,350	1 x 425 on 8:00 Swim-kick-pull-swim 14 x 15 on :30 Cross pool sprints 1x{8 x 75 on 1:15 Lungbuster pulls {6 x 75 on 1:10 Lungbuster pulls {4 x 75 on 1:05 Lungbuster pulls { odds br 5-7-9	REC SP3 EN1 EN1 EN1	===
	{ odds br 5-7-9 { evens br 4-6-8		
1,800	<pre>2x{1 x 150 on 2:15 Freestyle 2 beat kck {1 x 150 on 2:15 Freestyle 4 beat kck {1 x 150 on 2:15 Freestyle 6 beat kck {1 x 100 on 1:30 Freestyle 2 beat kck {1 x 100 on 1:30 Freestyle 4 beat kck {1 x 100 on 1:30 Freestyle 4 beat kck {1 x 100 on 1:30 Freestyle 6 beat kck {1 x 50 on :45 Freestyle 2 beat kck {1 x 50 on :45 Freestyle 4 beat kck {1 x 50 on :45 Freestyle 6 beat kck</pre>	EN1 EN1 EN1 EN1 EN1 EN1	
250	1 x 250 on 5:00 Stroke Drills	REC	

6:28 AM 4,035 Yards - Stress Value = 39

Workout #1310 - Monday, 30 April 2001

	====	-	=== ==
	1 or	n 30:00 Bolles school 2X	
	and	d stretching	
800	1 x	800 on 16:00 Reverse IM drill	REC
	1 or	10:00 Techniques-Stanford	
	tui	n drills	
300	12x{1 x	15 on :00 Freestyle	SP3
	{1 x	10 on :30 Freestyle	REC
1,000	1x{2 x	100 on 2:05 Kick	EN2
	{2 x	100 on 2:00 Kick	EN2
	{2 x	100 on 1:55 Kick	EN2
	{2 x	100 on 1:50 Kick	EN2
	{2 x	100 on 1:45 Kick	EN2
1,350	•		EN1
	•	150 on 2:15 Pulls mid 50 br ev 8	
	{3 x	150 on 2:15 Pulls last 25 2 brth	EN1
600		100 on 1:30 Descend in sets of 3	
2,000		250 on 3:30 3:00 swims :30 rest	EN2
250		250 on 4:00 Stroke Drills	REC
	7:45 PM	6,300 Yards - Stress Value = 85	

	5:15 PM	Start		
Yards	Set	Description	EGY	WC
=====			===	==
	1 or	n 40:00 Running and Stretch		
800	1 x	800 on 15:00 Swim-kick-pull-swim	REC	
300	12x{1 x	15 on :00 Butterfly	SP3	
	{1 x	10 on :30 Freestyle	REC	
1,200	2x{2 x	125 on 2:30 Kick	EN2	
	{2 x	100 on 2:00 Kick	EN2	
	{2 x	75 on 1:30 Kick	EN2	
1,200	3 x	400 on 5:30 Pulls	EN1	
300	12 2	x 25 on :30 IM order-build	EN1	
1,400	1x{1 x	200 on 3:00 Backstroke	EN2	
	{6 x	25 on :45 Back 15m under water	EN2	
	{1 x	200 on 2:55 Backstroke	EN2	
	{6 x	25 on :45 back 15m under water	EN2	
	{1 x	200 on 2:50 Backstroke	EN2	
	{6 x	25 on :45 Back 15m under water	EN2	
	{1 x	200 on 2:45 Backstroke	EN2	
	{6 x	25 on :45 Back 15m under water	EN2	
300	6 x	50 on 1:00 Stroke Drills	REC	
	7:45 PM	5,500 Yards - Stress Value = 74		

Workout #1312 - Wednesday, 02 May 2001 Group 3 - All

1 minute rest between sets

Group 3 - All 1 minute rest between sets

	1 minute rest between sets					
				5:15 AM Start		
	5:15 AM Start		Yards	1	EGY WO	
	Set Description	EGY WORK	405	1 405 0 00 07 1		
			425		REC	S C
	1 x 425 on 8:00 Swim-kick-pull-swim	REC S	180	12 x 15 on :30 Pit sprints 3 on each stroke	SP3	S
	12 x 15 on :30 Pit sprints	SP3 S	1 200		ו זאר	P
	6 x 200 on 2:45 Pulls	EN1 P	1,200	·	EN1 EN1	P
400	1 x 400 on 8:00 Individual Medley 25 kick 25 drill	EN1 S		{ breathe 4-5-6-7	71/1 T	r
	50 build		2,250	•	EN1	S
1,800	12 x 150 on 2:15 Descend in sets of 3	EN3 S		{1 x 200 on 3:30 Individual Medley	EN1	S
	1 x 250 on 4:00 Stroke Drills	REC D		$\{5 \times 75 \text{ on } 1:05 \text{ Freestyle} \}$	EN2	S
	6:30 AM 4,255 Yards - Stress Value = 1	131		{1 x 150 on 2:30 Backstroke	EN1	S
	,				EN2	S
	Workout #1313 - Wednesday, 02 May 2001				EN2	S
	· ·				EN2	S
	Group 3 - All			2	EN2	SF
	1 minute rest between sets				EN2	S
			250		REC	S
	5:15 PM Start			6:28 AM 4,305 Yards - Stress Value =	59	
Yards	Set Description	EGY WOF				
=====						
				Workout #1316 - Friday, 04 May 2001		
005	1 on 30:00 Stomach and Stretch			Workout #1316 - Friday, 04 May 2001 Group 3 - All		
825	1 on 30:00 Stomach and Stretch 1 x 825 on 15:00 Swim-kick-pull-swi	im REC		Group 3 - All		
180	1 on 30:00 Stomach and Stretch 1 x 825 on 15:00 Swim-kick-pull-swi 12 x 15 on :30 Shooters	im REC SP3		•		
180	1 on 30:00 Stomach and Stretch 1 x 825 on 15:00 Swim-kick-pull-swi 12 x 15 on :30 Shooters 4x{1 x 100 on 2:00 Kick	im REC SP3 EN2		Group 3 - All 1 minute rest between sets		
180	<pre>1 on 30:00 Stomach and Stretch 1 x 825 on 15:00 Swim-kick-pull-swi 12 x 15 on :30 Shooters 4x{1 x 100 on 2:00 Kick {1 x 75 on 1:25 Kick</pre>	im REC SP3 EN2 EN2	Yards	Group 3 - All 1 minute rest between sets 5:15 PM Start	EGY	WOF
180	<pre>1 on 30:00 Stomach and Stretch 1 x 825 on 15:00 Swim-kick-pull-sw: 12 x 15 on :30 Shooters 4x{1 x 100 on 2:00 Kick {1 x 75 on 1:25 Kick {1 x 50 on :55 Kick</pre>	im REC SP3 EN2 EN2 EN2	Yards =====	Group 3 - All 1 minute rest between sets		
180 1,000	<pre>1 on 30:00 Stomach and Stretch 1 x 825 on 15:00 Swim-kick-pull-sw: 12 x 15 on :30 Shooters 4x{1 x 100 on 2:00 Kick {1 x 75 on 1:25 Kick {1 x 50 on :55 Kick {1 x 25 on :25 Kick</pre>	im REC SP3 EN2 EN2		Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description		
180 1,000	<pre>1 on 30:00 Stomach and Stretch 1 x 825 on 15:00 Swim-kick-pull-sw: 12 x 15 on :30 Shooters 4x{1 x 100 on 2:00 Kick {1 x 75 on 1:25 Kick {1 x 50 on :55 Kick</pre>	im REC SP3 EN2 EN2 EN2 EN2		Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description ====================================		
180 1,000	<pre>1 on 30:00 Stomach and Stretch 1 x 825 on 15:00 Swim-kick-pull-sw: 12 x 15 on :30 Shooters 4x{1 x 100 on 2:00 Kick {1 x 75 on 1:25 Kick {1 x 50 on :55 Kick {1 x 25 on :25 Kick } x 25 on 3:30 Pulls</pre>	im REC SP3 EN2 EN2 EN2 EN2 EN2 EN1		Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description	====	===
180 1,000	<pre>1 on 30:00 Stomach and Stretch 1 x 825 on 15:00 Swim-kick-pull-sw: 12 x 15 on :30 Shooters 4x{1 x 100 on 2:00 Kick {1 x 75 on 1:25 Kick {1 x 50 on :55 Kick {1 x 25 on :25 Kick 1 x 25 on 3:30 Pulls {2 x 250 on 3:25 Pulls {2 x 250 on 3:20 Pulls</pre>	im REC SP3 EN2 EN2 EN2 EN2 EN2 EN1 EN1	400	Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description	====	===
180 1,000 1,500	<pre>1 on 30:00 Stomach and Stretch 1 x 825 on 15:00 Swim-kick-pull-sw: 12 x 15 on :30 Shooters 4x{1 x 100 on 2:00 Kick {1 x 75 on 1:25 Kick {1 x 50 on :55 Kick {1 x 25 on :25 Kick 1 x 25 on 3:30 Pulls {2 x 250 on 3:25 Pulls {2 x 250 on 3:20 Pulls 6 x 50 on :50 Freestyle</pre>	im REC SP3 EN2 EN2 EN2 EN2 EN2 EN1 EN1	400	Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description 1 on 35:00 Bolles school 2x and stretch 1 x 400 on 7:00 Swim-kick-pull-sw 10x{1 x 15 on :00 Breaststroke {1 x 10 on :30 Freestyle}	== === im REC	===
180 1,000 1,500	<pre>1 on 30:00 Stomach and Stretch 1 x 825 on 15:00 Swim-kick-pull-sw: 12 x 15 on :30 Shooters 4x{1 x 100 on 2:00 Kick {1 x 75 on 1:25 Kick {1 x 50 on :55 Kick {1 x 25 on :25 Kick } 1x{2 x 250 on 3:30 Pulls {2 x 250 on 3:25 Pulls {2 x 250 on 3:20 Pulls}</pre>	EN2 EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1	400 250 400	Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description 1 on 35:00 Bolles school 2x and stretch 1 x 400 on 7:00 Swim-kick-pull-sw 10x{1 x 15 on :00 Breaststroke {1 x 10 on :30 Freestyle 4 x 100 on 2:00 Kick-ALL OUT	im REC SP3 REC EN2	===
180 1,000 1,500	<pre>1 on 30:00 Stomach and Stretch 1 x 825 on 15:00 Swim-kick-pull-swi 12 x 15 on :30 Shooters 4x{1 x 100 on 2:00 Kick {1 x 75 on 1:25 Kick {1 x 50 on :55 Kick {1 x 25 on :25 Kick 1x{2 x 250 on 3:30 Pulls {2 x 250 on 3:25 Pulls {2 x 250 on 3:20 Pulls 6 x 50 on :50 Freestyle 1x{6 x 75 on 1:25 Breaststroke</pre>	EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1	400 250 400	Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description 1 on 35:00 Bolles school 2x and stretch 1 x 400 on 7:00 Swim-kick-pull-sw 10x{1 x 15 on :00 Breaststroke {1 x 10 on :30 Freestyle 4 x 100 on 2:00 Kick-ALL OUT 1x{1 x 200 on 3:00 Free Last 50 fast	im REC SP3 REC EN2 EN1	===
180 1,000 1,500	<pre>1 on 30:00 Stomach and Stretch 1 x 825 on 15:00 Swim-kick-pull-swi 12 x 15 on :30 Shooters 4x{1 x 100 on 2:00 Kick {1 x 75 on 1:25 Kick {1 x 50 on :55 Kick {1 x 25 on :25 Kick 1x{2 x 250 on 3:30 Pulls {2 x 250 on 3:25 Pulls {2 x 250 on 3:20 Pulls 6 x 50 on :50 Freestyle 1x{6 x 75 on 1:25 Breaststroke {6 x 75 on 1:20 Breaststroke</pre>	EN1	400 250 400	Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description 1 on 35:00 Bolles school 2x and stretch 1 x 400 on 7:00 Swim-kick-pull-sw 10x{1 x 15 on :00 Breaststroke {1 x 10 on :30 Freestyle 4 x 100 on 2:00 Kick-ALL OUT 1x{1 x 200 on 3:00 Free Last 50 fast {1 x 200 on 3:00 Free last 100 fast	im REC SP3 REC EN2 EN1	===
180 1,000 1,500	<pre>1 on 30:00 Stomach and Stretch 1 x 825 on 15:00 Swim-kick-pull-swi 12 x 15 on :30 Shooters 4x{1 x 100 on 2:00 Kick {1 x 75 on 1:25 Kick {1 x 50 on :55 Kick {1 x 25 on :25 Kick 1x{2 x 250 on 3:30 Pulls {2 x 250 on 3:25 Pulls {2 x 250 on 3:20 Pulls 6 x 50 on :55 Freestyle 1x{6 x 75 on 1:25 Breaststroke {6 x 75 on 1:15 Breaststroke {1 x 200 on 3:00 Freestyle {12 x 25 on 1:00 Breast from a dive</pre>	EN1	400 250 400	Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description 1 on 35:00 Bolles school 2x and stretch 1 x 400 on 7:00 Swim-kick-pull-sw 10x{1 x 15 on :00 Breaststroke {1 x 10 on :30 Freestyle 4 x 100 on 2:00 Kick-ALL OUT 1x{1 x 200 on 3:00 Free Last 50 fast {1 x 200 on 3:00 Free last 100 fas: {1 x 200 on 3:00 Free last 150 fase	EM REC SP3 REC EN2 EN1 EN2 EN3	===
180 1,000 1,500	<pre>1 on 30:00 Stomach and Stretch 1 x 825 on 15:00 Swim-kick-pull-swi 12 x 15 on :30 Shooters 4x{1 x 100 on 2:00 Kick {1 x 75 on 1:25 Kick {1 x 50 on :55 Kick {1 x 25 on :25 Kick 1x{2 x 250 on 3:30 Pulls {2 x 250 on 3:25 Pulls {2 x 250 on 3:20 Pulls 6 x 50 on :55 Freestyle 1x{6 x 75 on 1:25 Breaststroke {6 x 75 on 1:15 Breaststroke {1 x 200 on 3:00 Freestyle {12 x 25 on 1:00 Breast from a dive { 10 pushups aftr each</pre>	im REC	400 250 400 800	Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description 1 on 35:00 Bolles school 2x and stretch 1 x 400 on 7:00 Swim-kick-pull-sw 10x{1 x 15 on :00 Breaststroke {1 x 10 on :30 Freestyle 4 x 100 on 2:00 Kick-ALL OUT 1x{1 x 200 on 3:00 Free Last 50 fast {1 x 200 on 3:00 Free last 100 fas {1 x 200 on 3:00 Free last 150 fasi {1 x 200 on 3:00 Free last 150 fasi {1 x 200 on 3:00 Freestyle-all fasi	im REC SP3 REC EN2 EN1 EN2 EN3 EN3 EN3 EN3	===
180 1,000 1,500	<pre>1 on 30:00 Stomach and Stretch 1 x 825 on 15:00 Swim-kick-pull-swi 12 x 15 on :30 Shooters 4x{1 x 100 on 2:00 Kick {1 x 75 on 1:25 Kick {1 x 50 on :55 Kick {1 x 25 on :25 Kick 1x{2 x 250 on 3:30 Pulls {2 x 250 on 3:20 Pulls {2 x 250 on 3:20 Pulls {6 x 75 on 1:25 Breaststroke {6 x 75 on 1:25 Breaststroke {6 x 75 on 1:15 Breaststroke {1 x 200 on 3:00 Freestyle {12 x 25 on 1:00 Breast from a dive { 10 pushups aftr each 8 x 50 on 1:00 Stroke Drills</pre>	im REC	400 250 400	Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description 1 on 35:00 Bolles school 2x and stretch 1 x 400 on 7:00 Swim-kick-pull-sw 10x{1 x 15 on :00 Breaststroke {1 x 10 on :30 Freestyle 4 x 100 on 2:00 Kick-ALL OUT 1x{1 x 200 on 3:00 Free Last 50 fast {1 x 200 on 3:00 Free last 100 fas {1 x 200 on 3:00 Free last 150 fas: {1 x 200 on 3:00 Freestyle-all fas: 1 x 200 on 4:00 Stroke Drills	EM REC SP3 REC EN2 EN1 EN2 EN3	===
1,500 1,500 300 1,850	<pre>1 on 30:00 Stomach and Stretch 1 x 825 on 15:00 Swim-kick-pull-swi 12 x 15 on :30 Shooters 4x{1 x 100 on 2:00 Kick {1 x 75 on 1:25 Kick {1 x 50 on :55 Kick {1 x 25 on :25 Kick 1x{2 x 250 on 3:30 Pulls {2 x 250 on 3:25 Pulls {2 x 250 on 3:20 Pulls 6 x 50 on :55 Freestyle 1x{6 x 75 on 1:25 Breaststroke {6 x 75 on 1:15 Breaststroke {1 x 200 on 3:00 Freestyle {12 x 25 on 1:00 Breast from a dive { 10 pushups aftr each</pre>	im REC	400 250 400 800	Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description 1 on 35:00 Bolles school 2x and stretch 1 x 400 on 7:00 Swim-kick-pull-sw 10x{1 x 15 on :00 Breaststroke {1 x 10 on :30 Freestyle 4 x 100 on 2:00 Kick-ALL OUT 1x{1 x 200 on 3:00 Free Last 50 fast {1 x 200 on 3:00 Free last 100 fas {1 x 200 on 3:00 Free last 150 fasi {1 x 200 on 3:00 Free last 150 fasi {1 x 200 on 3:00 Freestyle-all fasi	im REC SP3 REC EN2 EN1 EN2 EN3 SP2 REC	===

Workout #1314 - Thursday, 03 May 2001 Group 3 - All 1 minute rest between sets

Workout #1317 - Saturday, 05 May 2001 Group 3 - All 1 minute rest between sets

	5:15 PM Start						
Yards	Set Description	EGY	WORK S		7:30 PM Start		
=====		===	==== =	Yards	Set Description	EGY	WOF
	1 on 39:00 Running and stretch		LΙ	=====	=======================================	===	===
800	1 x 800 on 15:00 Choice	REC	S (1 on 30:00 Stomach and Stretch		
150	10 x 15 on :30 Backstroke	SP3	S				
1,000	1x{3 x 100 on 2:10 Kick-descend	EN2	K C		± ±	SP3	
	{3 x 100 on 2:05 Kick-descend	EN2	K (900	$1x{3 x 150 on 3:00 Kick}$	EN2	
	{3 x 100 on 2:00 Kick-descend	EN2	K ({2 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 2:00 Kick for time	EN3	K ({1 x 50 on 1:00 Kick	EN2	
1,000	2 x 500 on 6:45 Pulls	EN1	P		{8 x 25 on :45 Sprint kick	EN3	
500	4 x 125 on 2:15 Individual Medley	EN1	S	1,200	4x{1 x 200 on 3:00 Pulls	EN1	
	odds 50 back evens				$\{4 \times 25 \text{ on } : 40 \text{ Pulls-no breath}$	EN1	
	50 breast			400	1 x 400 on 7:00 Individual Medley	EN1	
2,100	2x{5 x 50 on 1:00 Butterfly	EN1	SE		25 kick 25 drill		
,	{1 x 100 on 1:30 Freestyle	EN1	S		50 fast		
	{5 x 50 on :55 Butterfly	EN1	SF	2,000	10 x 200 on 3:00 Challenge set!!!!!	EN3	
	{1 x 100 on 1:30 Freestyle	EN1	S	400	$1x{4 \times 25 \text{ on } :30 \text{ Freestyle}}$	EN1	
	{5 x 50 on :50 Butterfly	EN1	SF		$\{4 \times 25 \text{ on } : 25 \text{ Freestyle}$	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	S		$\{4 \times 25 \text{ on } : 20 \text{ Freestyle} \}$	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	D		{4 x 25 on :15 Freestyle	EN2	
200	7:45 PM 5,800 Yards - Stress Value =		D	300	1 x 300 on 5:00 Stroke Drills	REC	
	is in o, our large below value	0.0			10:00 PM 6,235 Yards - Stress Value = 1	76	

300

Workout #1318 - Monday, 07 May 2001 Group 3 - All

		1 minute Test between sets	
	5:15 AM	Start	
ds	Set D	escription	

	1 minute rest between sets				
AM	Start				=
t De	escription	EGY	WORK	Sī	

EN1

REC

EN1

EN2

EN1

REC

Yard 425 1 x 425 on 8:00 Reverse IM drill REC 12 x 15 on :30 Pit sprints SP3 180 2,000 1x{1 x 400 on 6:00 Pulls EN1 {2 x 300 on 4:30 Pulls ${3 \times 200 \text{ on } 3:00 \text{ Pulls}}$ EN1 Ρ {4 x 100 on 1:30 Pulls EN1 $1,500 1x{4 x 125 on 1:50 Freestyle}$ EN1

Workout #1319 - Monday, 07 May 2001 Group 3 - All

6:30 AM 4,405 Yards - Stress Value = 42

1 minute rest between sets

5:15 PM Start

{4 x 125 on 1:45 Freestyle

 $\{4 \times 125 \text{ on } 1:40 \text{ Freestyle} \}$

6 x 50 on 1:00 Stroke Drills

Yards	Set	Description	EGY	WOF
			===	===
	1 0	n 38:00 Bolles School&strtch		
800	1 x	800 on 15:00 Swim-kick-pull-swim	REC	
150	10	x 15 on :30 Shooters	SP3	
1,000	5x{1 x	100 on 2:00 Kick	EN1	
	{1 x	100 on 1:45 Kick	EN2	
1,200	1x{8 x	50 on :50 Pulls	EN1	
	{8 x	50 on :45 Pulls	EN1	
	{8 x	50 on :40 Pulls	EN1	
300	3 x	100 on 1:45 Individual Medley	EN1	
2,400	1x{1 x	800 on 10:30 Freestyle	EN2	
	{1 x	800 on 10:15 Freestyle	EN2	
	{1 x	800 on 10:00 Freestyle	EN2	
400	4 x	100 on 1:30 Descend to Ludicorus	EN2	
	cn	204		

Workout #1320 - Tuesday, 08 May 2001 Group 3 - All 1 minute rest between sets

1 x 250 on 5:00 Stroke Drills 7:45 PM 6,500 Yards - Stress Value = 92

	5:15 PM	Start	
Yards	Set	Description	EGY WC
	====		=== ==
	1 or	n 30:00 Stomach and Stretch	
800	8 x	100 on 2:00 Stroke Drills	REC
300	12x{1 x	15 on :00 Freestyle	SP3
	{1 x	10 on :30 Freestyle	REC
1,200	3x{1 x	100 on 2:00 Kick	EN2
	{1 x	100 on 2:00 Kick	EN2
	{1 x	100 on 2:00 Kick	EN2
	{1 x	100 on 2:00 Kick w/out a board	EN2
1,350	1x{4 x	150 on 2:15 Pulls-nbbf&w	EN1
	{3 x	150 on 2:10 Pulls mid 50 br ev 9	EN1
	{2 x	150 on 2:05 Lungbuster pulls	EN1
	{ br	6-7-8 by the 50	
350	7 x	50 on :50 25 stroke 25 free	EN1
1,800	1x{8 x	75 on 1:10 Backstroke	EN1

Workout #1321 - Wednesday, 09 May 2001 Group 3 - All

7:45 PM 6,600 Yards - Stress Value = 77

1 x 300 on 5:00 Stroke Drills

 $\{8 \times 75 \text{ on } 1:05 \text{ Backstroke} \}$

 $\{8 \times 75 \text{ on } 1:00 \text{ Backstroke} \}$

20 x 25 on :30 IM order

500

300

1 minute rest between sets

		5:15 AM Start		
	Yards	Set Description	EGY	WORF
	=====	=======================================	===	====
S7 ==	425	1 x 425 on 8:00 Reverse IM drill	REC	Γ
	210	14 x 15 on :30 Pit sprints	SP3	٤
	1,200	$1x{5 x 75 on 1:10 Pulls no br L. 5 yds}$	EN1	E
SI		$\{5 \times 75 \text{ on } 1:10 \text{ Pulls no br L.}10 \text{ yds}$	EN1	E
E		$\{5 \times 75 \text{ on } 1:10 \text{ Pulls no br L.}15 \text{ yds}$	EN1	E
E		$\{1 \times 75 \text{ on } 1:10 \text{ Pulls no br L.20 yds}$	EN1	E
E	2,000	1x{4 x 100 on 1:30 Freestyle	EN1	٤
E		$\{4 \times 25 \text{ on } : 30 \text{ Butterfly} \}$	EN1	
E		{4 x 100 on 1:25 Freestyle	EN1	٤
E		{4 x 25 on :30 Backstroke	EN1	٤
E		{4 x 100 on 1:20 Freestyle	EN1	S
({4 x 25 on :30 Breaststroke	EN1	٤
		{4 x 100 on 1:15 Freestyle	EN1	S
		$\{4 \times 25 \text{ on } : 30 \text{ Freestyle}$	EN1	S
	200	1 x 200 on 3:00 Reverse IM drill	EN3	٤
		off the blocks		
	200	1 x 200 on 3:00 Stroke Drills	REC	Γ
		6:30 AM 4,235 Yards - Stress Value = 53	3	

Workout #1322 - Wednesday, 09 May 2001 Group 3 - All 1 minute rest between sets

	5:15 PM Start		
Yards	Set Description	EGY	WC
=====		===	==
	1 on 30:00 Stomach and Stretch0		
825	1 x 825 on 15:00 Swim-kick-pull-swim	REC	
150	10×15 on :30 Shooters	SP3	
1,250	2x{4 x 50 on 1:00 Kick	EN2	
	{3 x 75 on 1:30 Kick	EN2	
	$\{2 \times 100 \text{ on } 2:00 \text{ Kick w/out a board}\}$	EN2	
1,200	1x{3 x 200 on 2:45 Pulls	EN1	
	{2 x 200 on 2:40 Pulls	EN1	
	{1 x 200 on 2:35 Pulls	EN1	
1,000	10 x 100 on 1:30 Descend in sets of 3	EN2	
	hold #10 as fast as9		
1,575	$1x{4 x 100 on 1:45 Breaststroke}$	EN2	
	{3 x 100 on 1:40 Breaststroke	EN2	
	{2 x 100 on 1:35 Breaststroke	EN2	
	{4 x 75 on 1:20 Breaststroke	EN2	
	{3 x 75 on 1:15 Breaststroke	EN2	
	{2 x 75 on 1:10 Breaststroke	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	
	7:45 PM 6,500 Yards - Stress Value = 94		

Workout #1323 - Thursday, 10 May 2001 Group 3 - All 1 minute rest between sets

EGY	WOF
== ===	===
im REC	
SP3	
O EN2	
EN2	
O EN2	
EN1	
EN1	
EN2	
EN2	
REC	
74	
	EN2 EN2 EN1 EN1 EN2 EN2

Workout #1324 - Friday, 11 May 2001 Group 3 - All

1 minute rest between sets

	5:15 AM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	٤
180	12×15 on :30 Pit sprints	SP3	٤
1,000	1x{1 x 100 on 1:15 Pulls	EN1	E
	{1 x 200 on 2:30 Pulls	EN1	E
	{1 x 300 on 3:45 Pulls	EN1	E
	$\{1 \times 400 \text{ on } 5:00 \text{ Pulls}$	EN1	E
2,400	1x{2 x 100 on 1:45 Individual Medley	EN1	٤
	$\{5 \times 50 \text{ on } : 40 \text{ Freestyle} \}$	EN2	٤
	{3 x 100 on 1:40 Individual Medley	EN1	٤
	$\{5 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	٤
	{4 x 100 on 1:35 Individual Medley	EN2	٤
	$\{5 \times 50 \text{ on } : 50 \text{ Freestyle} \}$	EN1	٤
	{5 x 100 on 1:30 Individual Medley	EN2	٤
	$\{5 \times 50 \text{ on } :55 \text{ Freestyle} \}$	EN1	٤
200	1 x 200 on 3:00 Stroke Drills	REC	Ι
	6:28 AM 4,180 Yards - Stress Value = 51	L	

Workout #1325 - Friday, 11 May 2001 Group 3 - All

1 minute rest between sets

	5:15 PM Start			
Yards	Set Description	EGY	WORK	Sī
=====		===	====	==
	1 on 30:00 Stomach and Stretch	REC	L	DF
400	1 x 400 on 8:00 Stroke Drills	REC	D	(
150	10 x 15 on :30 Shooters	SP3	S	FI
400	4 x 100 on 2:00 Kick	EN2	K	CF
400	4 x 100 on 1:30 Lungbuster pulls	EN1	P	E
400	8 x 50 on 1:00 DEBF 1-4 free 5-8str	EN1	S	CF
100	2 x 50 on 1:00 OTB	EN1	S	CF
200	1 x 200 on 3:00 Stroke Drills	REC	D	(
	1 on 29:00 Water polo		S	
	7:00 PM 2,050 Yards - Stress Value =	= 23		

Workout #1326 - Saturday, 12 May 2001 Group 3 - All

1 minute rest between sets

	7:30 AM Start		
Yards	Set Description	EGY	V
=====		===	=
	1 on 30:00 Stomach and Stretch		
1,025	1 x 1025 on 18:00 Swim-kick-pull-swim	REC	
300	12x{1 x 15 on :00 Choice	SP3	
	$\{1 \times 10 \text{ on } : 30 \text{ Freestyle}$	REC	
1,000	2x{1 x 100 on 2:15 Kick	EN2	
	{1 x 100 on 2:00 Kick last 25 sprint	EN2	
	{1 x 100 on 1:55 Kick last 50 sprint	EN2	
	{1 x 100 on 1:50 Kick last 75 sprint	EN2	
	{1 x 100 on 1:45 Kick all sprint	EN2	
1,400	4x{2 x 100 on 1:25 Pulls	EN1	
	${3 \times 50 \text{ on } 1:00 \text{ Pulls } 1 \text{ breath}/25}$	EN1	
600	3 x 200 on 3:30 Individual Medley	EN1	
	25 kick 25 drill		
1,200	16 x 75 on 1:30 Freestyle	EN3	
500	10 x 50 on 1:00 Stroke Drills	REC	
	9:59 AM 6,025 Yards - Stress Value = 119		

Workout #1327 - Monday, 14 May 2001 Group 3 - All

1 minute rest between sets

5:15 AM Start Yards Set Description

425	1	Х	425	on	8:00	Rev	erse :	IM (drill	REC	
210	14	2	15	on	:30 I	Pit .	sprint	ts		SP3	
1,600	1x{3	Х	200	on	3:00	Pul	ls			EN1	
	{ 3	Х	200	on	2:55	Pul	ls			EN1	
	{ 2	Х	200	on	2:50	Pul	ls			EN1	
1,250	1x{4	Х	125	on	2:00	100	free	25	stroke	EN1	
	{ 3	Х	125	on	1:55	100	free	25	stroke	EN1	
	{ 2	Х	125	on	1:50	100	free	25	stroke	EN1	

{1 x 125 on 1:45 100 free 25 stroke EN1

4 x 100 on 1:30 Freestyle descend to EN3

Workout #1328 - Monday, 14 May 2001 Group 3 - All

5 x 50 on 1:00 Stroke Drills 6:30 AM 4,135 Yards - Stress Value = 60

ludicrous speed

5:15 PM Start

400

250

1 minute rest between sets

Yards	Set	Desc	ription			EGY	WORF			
=====	===		======	:========	===	===	====			
	1 0	on 39:	00 Bolle	es 3X & stretch			I			
800	1 >	800	on 15:00	Choice		REC	٤			
250	10x{1 >	15 0	15 on :00 Freestyle							
	{1 >	10 0	n :30 Fr	reestyle		REC	٤			
1,100	4x{2 >	100	on 2:00	Kick		EN2	F			
	{3 x	25 0	n :40 Sp	rint kick		EN2	F			
1,200	1x{4 >	100	on 1:25	Pulls		EN1	E			
	{ 4 >	100	on 1:20	Pulls		EN1	E			
	{ 4 >	100	on 1:15	Pulls		EN1	E			
200	1 >	200	on 3:00	Free build each	25	EN1	٤			
2,500	1x{1 >	500	on 7:15	Freestyle		EN1	٤			
	{1 >	500	on 7:00	Freestyle		EN2	٤			
	{1 >	500	on 6:45	Freestyle		EN2	٤			
	{1 >	500	on 8:00	Freestyle		REC	٤			
	{1 >	500	on 6:00	Freestyle		EN3	٤			
400	4 ×	100	on 1:45	Stroke Drills		REC	Γ			
	7:45 PM	1 6,45	0 Yards	- Stress Value =	= 97	7				

Workout #1329 - Tuesday, 15 May 2001 Group 3 - All

	5:15 PM Start		
Yards	Set Description	EGY	WORK
=====	1 20 00 73	===	====
	1 on 30:00 Plyometrics/stretch		L
800	8 x 100 on 2:00 Stroke Drills 2 on each stroke	REC	D
180		SP3	S
		EN2	-
1,200	{1 x 50 on :50 Kick	EN2	
1 000	•		==
1,000			_
	{4 x 75 on 1:05 Pulls 1 brth L.25		
400	{4 x 100 on 1:30 Lungbuster pulls		
400	1 x 400 on 7:00 Individual Medley	ENI	S
	50 drill 50 build		
1,600	$1x\{6 \times 50 \text{ on } 1:00 \text{ Backstroke}$	EN1	-
	{1 x 100 on 2:00 Backstroke all out	EN3	S
	<pre>{6 x 50 on :55 Backstroke</pre>	EN1	S
	{1 x 100 on 2:00 Backstroke all out	EN3	S
	{6 x 50 on :50 Backstroke	EN2	S
	{1 x 100 on 2:00 Backstroke allout	EN3	S
	{6 x 50 on :45 Backstroke	EN2	S
	{1 x 100 on 2:00 Backstroke all out	EN3	S
300	-	REC	D
	7:45 PM 6,280 Yards - Stress Value = 9	95	

Workout #1330 - Wednesday, 16 May 2001 Group 3 - All

1 minute rest between sets

Group 3 - All 1 minute rest between sets

	i minute rest between sets					
					5:15 PM Start	
	5:15 AM Start			Yards	Set Description EGY WORK	: 5
Yards	Set Description	EGY	WORF	=====		: =
		===	====		1 on 30:00 Plyometrics/stretch L	ı
425	1 x 425 on 7:00 Swim-kick-pull-swim	REC	٤	800	1 x 800 on 16:00 Reverse IM drill REC D)
150	10 x 15 on :30 Pit sprints	SP3	٤	180	12 x 15 on :30 Shooters SP3 S	,
	all from a dive			1,000	1x{2 x 100 on 2:00 Kick EN2 K	((
1,500	1x{2 x 250 on 3:45 Pulls	EN1	E		{2 x 100 on 1:55 Kick EN2 K	((
•	{2 x 200 on 2:50 Pulls	EN1	E		{2 x 100 on 1:50 Kick EN2 K	((
	{2 x 150 on 2:00 Pulls	EN1	Ε		{2 x 100 on 1:45 Kick EN2 K	((
	{2 x 100 on 1:15 Pulls	EN1	E		{2 x 100 on 1:40 Kick EN2 K	((
	{2 x 50 on :35 Pulls	EN1	E	1,600	$1x\{2 \times 400 \text{ on } 6:00 \text{ Pulls}$ EN1 P	
2,100	1x{1 x 400 on 6:00 Individual Medley	EN2	٤		{2 x 400 on 5:30 Pulls EN1 P)
•	{6 x 25 on :30 Odds free evens fly	EN1	٤	400	8 x 50 on :50 25 free 25 stroke EN1 S	3 (
	{1 x 300 on 4:30 Individual Medley	EN2	٤	2,400	$2x\{1 \times 200 \text{ on } 3:20 \text{ Butterfly}$ EN1 S	S F
	{6 x 25 on :30 odds free evens back	EN1	٤		$\{1 \times 100 \text{ on } 1:30 \text{ Freestyle} $ EN1 S	,
	{1 x 200 on 3:00 Individual Medley	EN2	٤		$\{2 \times 100 \text{ on } 1:40 \text{ Butterfly} $ EN1 S	S F
	{6 x 25 on :30 odds free evens brst	EN1	٤		$\{1 \times 100 \text{ on } 1:30 \text{ Freestyle} $ EN1 S	,
	{1 x 100 on 1:30 Individual Medley	EN2	٤		$\{4 \times 50 \text{ on } : 50 \text{ Butterfly} $ EN1 S	S F
	{6 x 25 on :30 Freestyle	EN1	٤		$\{1 \times 100 \text{ on } 1:30 \text{ Freestyle} $ EN1 S	,
	{1 x 100 on 2:00 Freestyle	REC	٤		{8 x 25 on :25 Butterfly EN1 S	S F
	{1 x 400 on 6:00 IM for time OTB	SP2	٤		{1 x 100 on 1:30 Freestyle EN1 S	,
200	1 x 200 on 3:00 Stroke Drills	REC	Γ	250	1 x 250 on 4:00 Stroke Drills REC D)
	6:30 AM 4,375 Yards - Stress Value = 89	9			7:45 PM 6,630 Yards - Stress Value = 71	

Workout #1331 - Wednesday, 16 May 2001 Group 3 - All

1 minute rest between sets

Workout #1334 - Friday, 18 May 2001 Group 3 - All 1 minute rest between sets

5:15 PM Start Yards Set Description			GY WOF		5:15 PM Start Set Description EGY N	WORK	
1 on 30:00 Stomach and Stretch 825	n ll-sv lls lls	vim RE SE EN EN EN EN	EC 23 12 12 11 11	400 400	<pre>1 on 30:00 Stomach and Stretch 1 on 10:00 Sculling drills</pre>	L I D K K	DF CN
2,800 2x{1 x 200 on 3:20 Breaststroke		EN			Workout #1335 - Saturday, 19 May 2001		
$\{1 \times 200 \text{ on } 3:15 \text{ Breaststroke} \}$		EN EN			Group 3 - All		
{1 x 200 on 3:10 Breaststroke		EN EN			1 minute rest between sets		
{12 x 50 on 1:00 Stroke Drills		RE					
7:43 PM 6,155 Yards - Stress Valu	ıe =		-		7:30 AM Start		
,				Yards	Set Description	EGY	
Workout #1332 - Thursday, 17 May 20	01			=====	1 on 30:00 Stomach and Stretch	===	==
· ·					I on 30:00 Stomach and Stretch		
Group 3 - All				825	1 v 825 on 15.00 Swim-kick-null-swim	DEC	
Group 3 - All				825 210	1 x 825 on 15:00 Swim-kick-pull-swim		
Group 3 - All 1 minute rest between sets				825 210 900	1 x 825 on 15:00 Swim-kick-pull-swim 14 x 15 on :30 Cross pool sprints 3x{1 x 150 on 3:00 Kick	REC SP3 EN2	
1 minute rest between sets				210	14 x 15 on :30 Cross pool sprints	SP3	
•	EGY	WORK	STK	210	14 x 15 on :30 Cross pool sprints 3x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick	SP3 EN2	
1 minute rest between sets 5:15 AM Start				210 900 100	14 x 15 on :30 Cross pool sprints 3x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 1 x 100 on 2:00 Kick for time	SP3 EN2 EN2	
1 minute rest between sets 5:15 AM Start Yards Set Description				210 900 100	14 x 15 on :30 Cross pool sprints 3x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 1 x 100 on 2:00 Kick for time 1x{1 x 1000 on 15:00 Pulls	SP3 EN2 EN2 EN2 EN3 EN1	
1 minute rest between sets 5:15 AM Start Yards Set Description ===== 425 1 x 425 on 8:00 Choice 180 12 x 15 on :30 Pit sprints		==== S		210 900 100 2,000	14 x 15 on :30 Cross pool sprints 3x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 1 x 100 on 2:00 Kick for time 1x{1 x 1000 on 15:00 Pulls {2 x 500 on 7:00 Pulls	SP3 EN2 EN2 EN2 EN3 EN1 EN1	
1 minute rest between sets 5:15 AM Start Yards Set Description 425 1 x 425 on 8:00 Choice 180 12 x 15 on :30 Pit sprints 1,800 1x{3 x 150 on 2:15 Pulls	=== REC SP3 EN1	==== S S	=== = CHO CHO FR	210 900 100 2,000	14 x 15 on :30 Cross pool sprints 3x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 1 x 100 on 2:00 Kick for time 1x{1 x 1000 on 15:00 Pulls {2 x 500 on 7:00 Pulls 6 x 50 on :45 Freestyle	SP3 EN2 EN2 EN2 EN3 EN1 EN1	
1 minute rest between sets 5:15 AM Start Yards Set Description 425 1 x 425 on 8:00 Choice 180 12 x 15 on :30 Pit sprints 1,800 1x{3 x 150 on 2:15 Pulls {3 x 150 on 2:10 Pulls}	REC SP3 EN1 EN1	==== S S P P	=== = CHO CHO FR FR	210 900 100 2,000	14 x 15 on :30 Cross pool sprints 3x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 1 x 100 on 2:00 Kick for time 1x{1 x 1000 on 15:00 Pulls {2 x 500 on 7:00 Pulls 6 x 50 on :45 Freestyle 10x{1 x 100 on 1:15 Individual Medley	SP3 EN2 EN2 EN3 EN1 EN1 EN1 EN1	
1 minute rest between sets 5:15 AM Start Yards Set Description 425 1 x 425 on 8:00 Choice 180 12 x 15 on :30 Pit sprints 1,800 1x{3 x 150 on 2:15 Pulls {3 x 150 on 2:10 Pulls {3 x 150 on 2:05 Pulls}	REC SP3 EN1 EN1 EN1	==== S S P P	=== = CHO CHO FR FR FR	210 900 100 2,000	14 x 15 on :30 Cross pool sprints 3x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 1 x 100 on 2:00 Kick for time 1x{1 x 1000 on 15:00 Pulls {2 x 500 on 7:00 Pulls 6 x 50 on :45 Freestyle 10x{1 x 100 on 1:15 Individual Medley {1 x 50 on :35 Freestyle	SP3 EN2 EN2 EN2 EN3 EN1 EN1 EN1 EN2	
1 minute rest between sets 5:15 AM Start Yards Set Description 425 1 x 425 on 8:00 Choice 180 12 x 15 on :30 Pit sprints 1,800 1x{3 x 150 on 2:15 Pulls {3 x 150 on 2:05 Pulls {3 x 150 on 2:00 Pulls {3 x 150 on 2:00 Pulls	REC SP3 EN1 EN1 EN1 EN1	==== S S P P P	=== = CHO CHO FR FR FR FR	210 900 100 2,000 300 2,000	14 x 15 on :30 Cross pool sprints 3x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 1 x 100 on 2:00 Kick for time 1x{1 x 1000 on 15:00 Pulls {2 x 500 on 7:00 Pulls 6 x 50 on :45 Freestyle 10x{1 x 100 on 1:15 Individual Medley {1 x 50 on :35 Freestyle {1 x 50 on 1:00 Freestyle	SP3 EN2 EN2 EN2 EN3 EN1 EN1 EN1 EN2 EN2 REC	
1 minute rest between sets 5:15 AM Start Yards Set Description 425 1 x 425 on 8:00 Choice 180 12 x 15 on :30 Pit sprints 1,800 1x{3 x 150 on 2:15 Pulls {3 x 150 on 2:10 Pulls {3 x 150 on 2:05 Pulls {3 x 150 on 2:00 Pulls } 3 x 150 on 2:00 Freestyle	REC SP3 EN1 EN1 EN1	S S P P P S	=== = CHO CHO FR FR FR	210 900 100 2,000	14 x 15 on :30 Cross pool sprints 3x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 1 x 100 on 2:00 Kick for time 1x{1 x 1000 on 15:00 Pulls {2 x 500 on 7:00 Pulls 6 x 50 on :45 Freestyle 10x{1 x 100 on 1:15 Individual Medley {1 x 50 on :35 Freestyle 4 x 100 on 2:00 Stroke Drills	SP3 EN2 EN2 EN2 EN3 EN1 EN1 EN1 EN2	
1 minute rest between sets 5:15 AM Start Yards Set Description ===================================	REC SP3 EN1 EN1 EN1 EN1	==== S S P P P	=== = CHO CHO FR FR FR FR	210 900 100 2,000 300 2,000	14 x 15 on :30 Cross pool sprints 3x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 1 x 100 on 2:00 Kick for time 1x{1 x 1000 on 15:00 Pulls {2 x 500 on 7:00 Pulls 6 x 50 on :45 Freestyle 10x{1 x 100 on 1:15 Individual Medley {1 x 50 on :35 Freestyle {1 x 50 on 1:00 Freestyle	SP3 EN2 EN2 EN2 EN3 EN1 EN1 EN1 EN2 EN2 REC	
1 minute rest between sets 5:15 AM Start Yards Set Description 425 1 x 425 on 8:00 Choice 180 12 x 15 on :30 Pit sprints 1,800 1x{3 x 150 on 2:15 Pulls {3 x 150 on 2:10 Pulls {3 x 150 on 2:05 Pulls {3 x 150 on 2:00 Pulls } 3 x 150 on 2:00 Freestyle	REC SP3 EN1 EN1 EN1 EN1	S S P P P S	=== = CHO CHO FR FR FR FR	210 900 100 2,000 300 2,000	14 x 15 on :30 Cross pool sprints 3x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick 1 x 100 on 2:00 Kick for time 1x{1 x 1000 on 15:00 Pulls {2 x 500 on 7:00 Pulls 6 x 50 on :45 Freestyle 10x{1 x 100 on 1:15 Individual Medley {1 x 50 on :35 Freestyle 4 x 100 on 2:00 Stroke Drills	SP3 EN2 EN2 EN2 EN3 EN1 EN1 EN1 EN2 EN2 REC	

6:30 AM 4,155 Yards - Stress Value = 113

Workout #1336 - Monday, 21 May 2001 Group 3 - All 1 minute rest between sets

Workout #1339 - Wednesday, 23 May 2001 Group 3 - All 1 minute rest between sets

	5:15 AN	4 Start	Ī.											
Yards	Set	Descrip	ption		EGY	WOF		5:15	AM S	tar	t			
=====	====				===	===	Yards	S	et Des	cri	ption	EGY	WORK	SI
425	1 x	425 on	8:00	Swim-kick-pull-swim0	REC		=====	-	=====	===	====================================	===	====	==
210	14 2	k 15 on	:30 1	Pit sprints	SP3		425	1	x 425	on	8:00 Reverse IM drill	REC	D	I
1,800	•	200 on			EN1		180	1	2 x 15	on	:30 Pit sprints	SP3	S	Sī
	{3 x	200 on	2:45	Pulls	EN1		2,000	1x{2	x 250	on	3:30 Pulls	EN1	P	E
	{3 x	200 on	2:40	Pulls	EN1		•	{2	x 250	on	3:25 Pulls	EN1	P	F
1,500	•			Freestyle	EN1			{2	x 250	on	3:20 Pulls	EN1	P	F
	{4 x	100 on	1:25	Freestyle	EN1			{2	x 250	on	3:15 Pulls	EN1	P	F
	{3 x	100 on	1:20	Freestyle	EN2		1,600	1x{1	x 400	on on	5:15 Freestyle	EN2	S	F
	{2 x	100 on	1:15	Freestyle	EN2			{1	x 400	on)	5:10 Freestyle	EN2	S	F
	{1 x	100 on	1:10	Freestyle	EN2			•			5:05 Freestyle	EN2	S	F
300	12 2	k 25 on	:30	IM order	EN1			•			5:00 Freestyle	EN2	S	
200	1 x	200 on	3:00	Stroke Drills	REC		400	•			1:00 Stroke Drills	REC	_	(
	6:30 AN	4 4,435	Yards	s - Stress Value = 50			100				Yards - Stress Value		D	

Workout #1337 - Monday, 21 May 2001 Group 3 - All 1 minute rest between sets

Workout #1340 - Wednesday, 23 May 2001 Group 3 - All 1 minute rest between sets

Meters	4:00 PM Start Set Description	EGY	WOF	Meters	4:00 PM Start Set Description	EGY WOF
1,800 1,400 600 300	<pre>1 x 800 on 16:00 Swim-kick-pull-swim 12 x 15 on :30 Shooters 1x{3 x 100 on 2:15 Kick {3 x 100 on 2:10 Kick {3 x 100 on 2:05 Kick {1 x 100 on 2:00 Kick 1x{4 x 150 on 2:30 Pulls mid 50 br ev 7 {4 x 150 on 2:30 Pulls mid 50 br ev 8 {4 x 150 on 2:30 Pulls mid 50 br ev 9 1x{1 x 400 on 6:00 Freestyle {1 x 100 on 1:45 Your Stroke {1 x 300 on 4:30 Freestyle {1 x 100 on 1:45 Your Stroke {1 x 200 on 3:00 Freestyle {1 x 100 on 1:45 Your Stroke {1 x 200 on 3:00 Freestyle {1 x 100 on 1:45 Your Stroke {1</pre>	SP3 EN2 EN2 EN2 EN1		800 180 1,000	1 x 800 on 16:00 Swim-kick-pull-swim 1 12 x 15 on :30 Shooters 3 on each 1 x 11 x 150 on 3:15 Kick 1 x 150 on 3:15 Kick 1 x 150 on 3:05 Kick 1 x 150 on 3:05 Kick 1 x 150 on 3:00 Kick 1 x 100 on 2:15 Kick 1 x 100 on 2:15 Kick 1 x 100 on 2:10 Kick 1 x 100 on 2:05 Kick 1 x 100 on 2:00 Kick 1 x 100 on 1:40 Lungbuster pulls odds breathe 5-7 evens breathe 6-8 3 x 100 on 1:45 Freestyle-descend 1 4x 1 x 200 on 3:30 Individual Medley 1 x 100 on 2:00 Stroke	=== ===

Workout #1338 - Tuesday, 22 May 2001 Group 3 - All 1 minute rest between sets

	5:15 PM Start			
Yards	Set Description	EGY	WORK	STK
=====	=======================================	===	====	===
	1 on 30:00 Stomach and Stretch		L	DRY
800	1 x 800 on 15:00 Choice	REC	S	CHO
180	12 x 15 on :30 Shooters	SP3	S	FLY
1,000	1x{10 x 50 on 1:00 Kick	EN2	K	CHO
	$\{1 \times 500 \text{ on } 10:00 \text{ Kick for time}$	EN3	K	CHO
1,800	$1x{8 x 75 on 1:10 Pulls}$	EN1	P	FR
	$\{8 \times 75 \text{ on } 1:05 \text{ Pulls}$	EN1	P	FR
	$\{8 \times 75 \text{ on } 1:00 \text{ Pulls}$	EN1	P	FR
300	12 x 25 on :30 IM order-build	EN1	S	IM
2,250	1x{3 x 100 on 1:30 Backstroke	EN2	S	BK
	{3 x 125 on 1:50 Backstroke	EN2	S	BK
	{3 x 150 on 2:10 Backstroke	EN2	S	BK
	{3 x 175 on 2:30 Backstroke	EN2	S	BK
	{3 x 200 on 2:50 Backstroke	EN2	S	BK
400	8×50 on 1:00 Stroke Drills	REC	D	CD
	7:45 PM 6,730 Yards - Stress Value	= 2	113	

Workout #1341 - Thursday, 24 May 2001 Group 3 - All 1 minute rest between sets

7:44 PM 6,980 Yards - Stress Value = 101

Workout #1344 - Wednesday, 30 May 2001 Group 3 - All 1 minute rest between sets

	E 15 DV 01				I minute rest between sets		
** 1	5:15 PM Start	B011	HODII (
Yards =====	Set Description		WORK S		5:15 AM Start		
	1 on 30:00 Plyometrics/stretch			Yards		EGY WOF	
800	1 x 800 on 15:00 Choice	REC	L I S (
180	12 x 15 on :30 Shooters	SP3	S	425	±		
	1x{2 x 125 on 2:30 Kick	EN2	K (±	SP3	
1,000	{2 x 125 on 2:25 Kick	EN2	K (1,000	· ·	EN1	
	{2 x 125 on 2:20 Kick	EN2	K (2 400	· ·	EN1	
	{2 x 125 on 2:15 Kick	EN2	K (2,400	`	EN1	
1,200	1x{8 x 50 on :50 Pulls	EN1	P		-	EN1 EN1	
,	{8 x 50 on :45 Pulls	EN1	P		·	EN1	
	{8 x 50 on :40 Pulls	EN1	P	250	- · ·	REC	
400	1 x 400 on 7:00 Individual Medley	EN1	S	250	6:30 AM 4,285 Yards - Stress Value = 42	I CLIC	
	25 dr 25k 50 build						
2,000	$4x{3 x 100 on 1:45 Stroke Drills}$	EN1	S		Workout #1345 - Wednesday, 30 May 2001		
	{4 x 50 on 1:00 Stroke descend	EN1	S				
400	$1x\{4 \times 25 \text{ on } : 30 \text{ Freestyle}$	EN1	S		Group 3 - All		
	{4 x 25 on :25 Freestyle	EN1	S		1 minute rest between sets		
	{4 x 25 on :20 Freestyle	EN1	S				
250	{4 x 25 on :15 Freestyle	EN2	S		5:15 PM Start		
250	1 x 250 on 5:00 Stroke Drills 7:45 PM 6,230 Yards - Stress Value =	REC	D	Yards	1	EGY WOF	
	7:45 PM 0,250 Tards - Stress value -	- 00		=====	1 an 20.00 Stamach and Stantah	=== ===	
				825	1 on 29:00 Stomach and Stretch 1 x 825 on 15:00 Choice	REC	
	Workout #1342 - Friday, 25 May 2001			180		SP3	
	Group 3 - All					EN2	
	1 minute rest between sets			300	·	EN2	
				1,600	-	EN1	
	5:15 AM Start			1,000		EN1	
Yards	±		K STK		-	EN1	
=====					$\{1 \times 400 \text{ on } 5:00 \text{ Pulls}$	EN1	
425	1 x 425 on 8:00 Choice REG		S CHO	600	6×100 on 1:30 Descend in sets of 3	EN1	
300	12 x 25 on :30 Pit sprints SP3		S CHO	1,600	·	EN2	
1,000	1x{5 x 50 on 1:00 Pulls-nbbf&w EN		P FR		$\{8 \times 25 \text{ on } 1:00 \text{ From dive/10 pushups}$	EN2	
	{5 x 50 on :55 Pulls-nbbf&w EN		P FR		· ·	EN2	
	{5 x 50 on :50 Pulls-nbbf&w EN	_	P FR		{8 x 25 on 1:00 From dive/10 pushups	EN2	
1 800	{5 x 50 on :50 Pulls-nbbf&w EN3 {5 x 50 on :45 Pulls-nbbf&w EN3	-	P FR P FR		$\{8 \times 25 \text{ on } 1:00 \text{ From dive/10 pushups} \}$	EN2 EN2	
1,800	{5 x 50 on :50 Pulls-nbbf&w EN1 {5 x 50 on :45 Pulls-nbbf&w EN1 1x{1 x 400 on 5:40 Freestyle EN1	-	P FR P FR S FR		$\{8 \times 25 \text{ on } 1:00 \text{ From dive/10 pushups} \}$ $\{3 \times 100 \text{ on } 1:35 \text{ Breaststroke} \}$ $\{8 \times 25 \text{ on } 1:00 \text{ From dive/10 pushups} \}$	EN2 EN2 EN2	
1,800	{5 x 50 on :50 Pulls-nbbf&w EN3 {5 x 50 on :45 Pulls-nbbf&w EN3 1x{1 x 400 on 5:40 Freestyle EN3 {16 x 25 on :25 Freestyle EN3	-	P FR P FR	200	$(8 \times 25 \text{ on } 1:00 \text{ From dive/10 pushups})$ $(3 \times 100 \text{ on } 1:35 \text{ Breaststroke})$ $(8 \times 25 \text{ on } 1:00 \text{ From dive/10 pushups})$ $(4 \times 100 \text{ on } 1:30 \text{ Breaststroke})$	EN2 EN2 EN2 EN2	
1,800	{5 x 50 on :50 Pulls-nbbf&w EN3 {5 x 50 on :45 Pulls-nbbf&w EN3 1x{1 x 400 on 5:40 Freestyle EN3 {16 x 25 on :25 Freestyle EN3 {1 x 300 on 4:15 Freestyle EN3 }	- - -	P FR P FR S FR S FR	200	<pre>{8 x 25 on 1:00 From dive/10 pushups {3 x 100 on 1:35 Breaststroke {8 x 25 on 1:00 From dive/10 pushups {4 x 100 on 1:30 Breaststroke 1 x 200 on 3:00 Choice</pre>	EN2 EN2 EN2	
1,800	{5 x 50 on :50 Pulls-nbbf&w EN1 {5 x 50 on :45 Pulls-nbbf&w EN1 1x{1 x 400 on 5:40 Freestyle EN1 {16 x 25 on :25 Freestyle EN1 {1 x 300 on 4:15 Freestyle EN1	- - -	P FR P FR S FR S FR S FR	200	$(8 \times 25 \text{ on } 1:00 \text{ From dive/10 pushups})$ $(3 \times 100 \text{ on } 1:35 \text{ Breaststroke})$ $(8 \times 25 \text{ on } 1:00 \text{ From dive/10 pushups})$ $(4 \times 100 \text{ on } 1:30 \text{ Breaststroke})$	EN2 EN2 EN2 EN2	
1,800	{5 x 50 on :50 Pulls-nbbf&w EN: {5 x 50 on :45 Pulls-nbbf&w EN: 1x{1 x 400 on 5:40 Freestyle EN: {16 x 25 on :25 Freestyle EN: {1 x 300 on 4:15 Freestyle EN: {12 x 25 on :25 Freestyle EN: {10 x 25 on :25 on :25 Freestyle EN: {10 x 25 on :25 on :2	- - - -	P FR P FR S FR S FR S FR S FR	200	{8 x 25 on 1:00 From dive/10 pushups {3 x 100 on 1:35 Breaststroke {8 x 25 on 1:00 From dive/10 pushups {4 x 100 on 1:30 Breaststroke 1 x 200 on 3:00 Choice 7:45 PM 5,905 Yards - Stress Value = 79	EN2 EN2 EN2 EN2	
1,800	{5 x 50 on :50 Pulls-nbbf&w EN3 {5 x 50 on :45 Pulls-nbbf&w EN3 1x{1 x 400 on 5:40 Freestyle EN3 {16 x 25 on :25 Freestyle EN3 {1 x 300 on 4:15 Freestyle EN3 {12 x 25 on :25 Freestyle EN3 {12 x 200 on 2:50 Freestyle EN3 {1 x 200 on 2:50 Freestyle E	- - - - -	P FR P FR S FR S FR S FR S FR S FR	200	<pre>{8 x 25 on 1:00 From dive/10 pushups {3 x 100 on 1:35 Breaststroke {8 x 25 on 1:00 From dive/10 pushups {4 x 100 on 1:30 Breaststroke 1 x 200 on 3:00 Choice 7:45 PM 5,905 Yards - Stress Value = 79</pre> Workout #1346 - Thursday, 31 May 2001	EN2 EN2 EN2 EN2	
	{5 x 50 on :50 Pulls-nbbf&w EN: {5 x 50 on :45 Pulls-nbbf&w EN: 1x{1 x 400 on 5:40 Freestyle EN: {16 x 25 on :25 Freestyle EN: {1 x 300 on 4:15 Freestyle EN: {1 x 200 on 2:50 Freestyle EN: {8 x 25 on :25 Freestyle EN: {8 x 200 on 3:00 Stroke Drills REG	-	P FR P FR S FR S FR S FR S FR S FR	200	<pre>{8 x 25 on 1:00 From dive/10 pushups {3 x 100 on 1:35 Breaststroke {8 x 25 on 1:00 From dive/10 pushups {4 x 100 on 1:30 Breaststroke 1 x 200 on 3:00 Choice 7:45 PM 5,905 Yards - Stress Value = 79</pre> <pre>Workout #1346 - Thursday, 31 May 2001 Group 3 - All</pre>	EN2 EN2 EN2 EN2	
	{5 x 50 on :50 Pulls-nbbf&w EN: {5 x 50 on :45 Pulls-nbbf&w EN: 1x{1 x 400 on 5:40 Freestyle EN: {16 x 25 on :25 Freestyle EN: {1 x 300 on 4:15 Freestyle EN: {1 x 25 on :25 Freestyle EN: {1 x 200 on 2:50 Freestyle EN: {8 x 25 on :25 Freestyle EN: {8 x 200 on 3:00 Stroke Drills REG	-	P FR P FR S FR S FR S FR S FR S FR C FR	200	<pre>{8 x 25 on 1:00 From dive/10 pushups {3 x 100 on 1:35 Breaststroke {8 x 25 on 1:00 From dive/10 pushups {4 x 100 on 1:30 Breaststroke 1 x 200 on 3:00 Choice 7:45 PM 5,905 Yards - Stress Value = 79</pre> Workout #1346 - Thursday, 31 May 2001	EN2 EN2 EN2 EN2	
	{5 x 50 on :50 Pulls-nbbf&w EN: {5 x 50 on :45 Pulls-nbbf&w EN: 1x{1 x 400 on 5:40 Freestyle EN: {16 x 25 on :25 Freestyle EN: {1 x 300 on 4:15 Freestyle EN: {1 x 200 on 2:50 Freestyle EN: {8 x 25 on :25 Freestyle EN: {8 x 200 on 3:00 Stroke Drills REG	-	P FR P FR S FR S FR S FR S FR S FR C FR	200	<pre>{8 x 25 on 1:00 From dive/10 pushups {3 x 100 on 1:35 Breaststroke {8 x 25 on 1:00 From dive/10 pushups {4 x 100 on 1:30 Breaststroke 1 x 200 on 3:00 Choice 7:45 PM 5,905 Yards - Stress Value = 79 Workout #1346 - Thursday, 31 May 2001</pre>	EN2 EN2 EN2 EN2	
	{5 x 50 on :50 Pulls-nbbf&w EN: {5 x 50 on :45 Pulls-nbbf&w EN: 1x{1 x 400 on 5:40 Freestyle EN: {16 x 25 on :25 Freestyle EN: {1 x 300 on 4:15 Freestyle EN: {1 x 200 on 2:50 Freestyle EN: {8 x 25 on :25 Freestyle EN: {8 x 200 on 3:00 Stroke Drills REG	-	P FR P FR S FR S FR S FR S FR S FR C FR		<pre>{8 x 25 on 1:00 From dive/10 pushups {3 x 100 on 1:35 Breaststroke {8 x 25 on 1:00 From dive/10 pushups {4 x 100 on 1:30 Breaststroke 1 x 200 on 3:00 Choice 7:45 PM 5,905 Yards - Stress Value = 79 Workout #1346 - Thursday, 31 May 2001</pre>	EN2 EN2 EN2 EN2 REC	
	{5 x 50 on :50 Pulls-nbbf&w ENI {5 x 50 on :45 Pulls-nbbf&w ENI 1x{1 x 400 on 5:40 Freestyle ENI {16 x 25 on :25 Freestyle ENI {1 x 300 on 4:15 Freestyle ENI {1 x 25 on :25 Freestyle ENI {1 x 200 on 2:50 Freestyle ENI {8 x 25 on :25 Freestyle ENI 1 x 200 on 3:00 Stroke Drills REG 1 on 7:00 Techniques-starts 6:29 AM 3,725 Yards - Stress Value =	-	P FR P FR S FR S FR S FR S FR S FR C FR	Yards	<pre>{8 x 25 on 1:00 From dive/10 pushups {3 x 100 on 1:35 Breaststroke {8 x 25 on 1:00 From dive/10 pushups {4 x 100 on 1:30 Breaststroke 1 x 200 on 3:00 Choice 7:45 PM 5,905 Yards - Stress Value = 79 Workout #1346 - Thursday, 31 May 2001</pre>	EN2 EN2 EN2 EN2 REC	
	{5 x 50 on :50 Pulls-nbbf&w ENG {5 x 50 on :45 Pulls-nbbf&w ENG {1 x 400 on 5:40 Freestyle ENG {16 x 25 on :25 Freestyle ENG {1 x 300 on 4:15 Freestyle ENG {1 x 25 on :25 Freestyle ENG {1 x 200 on 2:50 Freestyle ENG {8 x 25 on :25 Freestyle ENG 1 x 200 on 3:00 Stroke Drills REG 1 on 7:00 Techniques-starts 6:29 AM 3,725 Yards - Stress Value = Workout #1343 - Tuesday, 29 May 2001	-	P FR P FR S FR S FR S FR S FR S FR C FR		<pre>{8 x 25 on 1:00 From dive/10 pushups {3 x 100 on 1:35 Breaststroke {8 x 25 on 1:00 From dive/10 pushups {4 x 100 on 1:30 Breaststroke 1 x 200 on 3:00 Choice 7:45 PM 5,905 Yards - Stress Value = 79 Workout #1346 - Thursday, 31 May 2001</pre>	EN2 EN2 EN2 EN2 REC WORK S	
	{5 x 50 on :50 Pulls-nbbf&w ENG {5 x 50 on :45 Pulls-nbbf&w ENG {1 x 400 on 5:40 Freestyle ENG {16 x 25 on :25 Freestyle ENG {1 x 300 on 4:15 Freestyle ENG {1 x 25 on :25 Freestyle ENG {1 x 200 on 2:50 Freestyle ENG {8 x 25 on :25 Freestyle ENG 1 x 200 on 3:00 Stroke Drills REG 1 on 7:00 Techniques-starts 6:29 AM 3,725 Yards - Stress Value = Workout #1343 - Tuesday, 29 May 2001 Group 3 - All	-	P FR P FR S FR S FR S FR S FR S FR C FR	Yards	<pre>{8</pre>	EN2 EN2 EN2 EN2 REC WORK S ==== = L I	
	{5 x 50 on :50 Pulls-nbbf&w ENG {5 x 50 on :45 Pulls-nbbf&w ENG {1 x 400 on 5:40 Freestyle ENG {16 x 25 on :25 Freestyle ENG {1 x 300 on 4:15 Freestyle ENG {1 x 25 on :25 Freestyle ENG {1 x 200 on 2:50 Freestyle ENG {8 x 25 on :25 Freestyle ENG 1 x 200 on 3:00 Stroke Drills REG 1 on 7:00 Techniques-starts 6:29 AM 3,725 Yards - Stress Value = Workout #1343 - Tuesday, 29 May 2001 Group 3 - All	-	P FR P FR S FR S FR S FR S FR S FR C FR	Yards =====	<pre>{8</pre>	EN2 EN2 EN2 EN2 REC WORK S ==== = L I	
	{5 x 50 on :50 Pulls-nbbf&w ENG {5 x 50 on :45 Pulls-nbbf&w ENG {5 x 50 on :45 Pulls-nbbf&w ENG {1 x 400 on 5:40 Freestyle ENG {16 x 25 on :25 Freestyle ENG {1 x 300 on 4:15 Freestyle ENG {1 x 200 on 2:50 Freestyle ENG {1 x 200 on 2:50 Freestyle ENG {1 x 200 on 3:00 Stroke Drills REG 1 on 7:00 Techniques-starts 6:29 AM 3,725 Yards - Stress Value = ** **Workout #1343 - Tuesday, 29 May 2001 Group 3 - All 1 minute rest between sets**	= 38	P FR P FR S FR S FR S FR S FR S FR C FR	Yards	<pre>{8</pre>	EN2 EN2 EN2 EN2 REC WORK S ==== = L I D S	
200	{5 x 50 on :50 Pulls-nbbf&w ENG {5 x 50 on :45 Pulls-nbbf&w ENG {5 x 50 on :45 Pulls-nbbf&w ENG {1 x 400 on 5:40 Freestyle ENG {16 x 25 on :25 Freestyle ENG {1 x 300 on 4:15 Freestyle ENG {1 x 200 on 2:50 Freestyle ENG {1 x 200 on 2:50 Freestyle ENG {1 x 200 on 3:00 Stroke Drills REG 1 on 7:00 Techniques-starts 6:29 AM 3,725 Yards - Stress Value = ** **Workout #1343 - Tuesday, 29 May 2001 Group 3 - All 1 minute rest between sets** 5:15 PM Start**	= 38	P FR P FR S FR S FR S FR S FR D CD D	Yards ===== 400 180 500	<pre>{8</pre>	EN2 EN2 EN2 EN2 REC WORK S ==== = L I D S K C	
200 Yards =====	{5 x 50 on :50 Pulls-nbbf&w ENG {5 x 50 on :45 Pulls-nbbf&w ENG {5 x 50 on :45 Pulls-nbbf&w ENG {1 x 400 on 5:40 Freestyle ENG {16 x 25 on :25 Freestyle ENG {1 x 300 on 4:15 Freestyle ENG {1 x 200 on 2:50 Freestyle ENG {1 x 200 on 2:50 Freestyle ENG {1 x 200 on 3:00 Stroke Drills REG 1 on 7:00 Techniques-starts 6:29 AM 3,725 Yards - Stress Value = **Workout #1343 - Tuesday, 29 May 2001 Group 3 - All 1 minute rest between sets** 5:15 PM Start Set Description ***	= 38	P FR P FR S FR S FR S FR S FR D CD D	Yards ===== 400 180	<pre>{8</pre>	EN2 EN2 EN2 EN2 REC WORK S ==== = L I D S K C P	
200 Yards ===== 800	{5 x 50 on :50 Pulls-nbbf&w ENG {5 x 50 on :45 Pulls-nbbf&w ENG {5 x 50 on :45 Pulls-nbbf&w ENG {1 x 400 on 5:40 Freestyle ENG {16 x 25 on :25 Freestyle ENG {1 x 300 on 4:15 Freestyle ENG {1 x 200 on 2:50 Freestyle ENG {1 x 200 on 2:50 Freestyle ENG {1 x 200 on 3:00 Stroke Drills REG 1 on 7:00 Techniques-starts 6:29 AM 3,725 Yards - Stress Value = **Workout #1343 - Tuesday, 29 May 2001 Group 3 - All 1 minute rest between sets** 5:15 PM Start Set Description *** Set Description *** Set Description *** I on 30:00 Plyometrics/stretch 1 x 800 on 15:00 Swim-kick-pull-stress** Set Description *** Set Des	= 38	P FR P FR S FR S FR S FR S FR D CD D	Yards ===== 400 180 500	<pre>{8</pre>	EN2 EN2 EN2 EN2 REC WORK S ==== = L I D S K C P S F	
200 Yards ===== 800 180	{5 x 50 on :50 Pulls-nbbf&w ENG {5 x 50 on :45 Pulls-nbbf&w ENG {5 x 50 on :45 Pulls-nbbf&w ENG {1 x 400 on 5:40 Freestyle ENG {16 x 25 on :25 Freestyle ENG {1 x 300 on 4:15 Freestyle ENG {1 x 200 on 2:50 Freestyle ENG {1 x 200 on 2:50 Freestyle ENG {1 x 200 on 3:00 Stroke Drills REG 1 on 7:00 Techniques-starts 6:29 AM 3,725 Yards - Stress Value = ** **Workout #1343 - Tuesday, 29 May 2001 Group 3 - All 1 minute rest between sets** 5:15 PM Start Set Description ** 1 on 30:00 Plyometrics/stretch 1 x 800 on 15:00 Swim-kick-pull-sub 12 x 15 on :30 Shooters**	= 38	P FR P FR S FR S FR S FR S FR D CD D EGY WOF EEGY WOF EEGY WOF	Yards ===== 400 180 500	<pre>{8 x 25 on 1:00 From dive/10 pushups {3 x 100 on 1:35 Breaststroke {8 x 25 on 1:00 From dive/10 pushups {4 x 100 on 1:30 Breaststroke 1 x 200 on 3:00 Choice 7:45 PM 5,905 Yards - Stress Value = 79 Workout #1346 - Thursday, 31 May 2001</pre>	EN2 EN2 EN2 EN2 REC WORK S ==== = L I D S K C P S F S F	
200 Yards ===== 800 180	{5 x 50 on :50 Pulls-nbbf&w ENG {5 x 50 on :45 Pulls-nbbf&w ENG {5 x 50 on :45 Pulls-nbbf&w ENG {1 x 400 on 5:40 Freestyle ENG {16 x 25 on :25 Freestyle ENG {1 x 300 on 4:15 Freestyle ENG {1 x 200 on 2:50 Freestyle ENG {1 x 200 on 2:50 Freestyle ENG {1 x 200 on 3:00 Stroke Drills REG 1 on 7:00 Techniques-starts 6:29 AM 3,725 Yards - Stress Value = ** **Workout #1343 - Tuesday, 29 May 2001 Group 3 - All 1 minute rest between sets** 5:15 PM Start Set Description = ** 1 on 30:00 Plyometrics/stretch 1 x 800 on 15:00 Swim-kick-pull-s 12 x 15 on :30 Shooters** 3x{1 x 100 on 2:00 Kick}	= 38	P FR P FR S FR S FR S FR S FR D CD D EGY WOF EEGY WOF	Yards ===== 400 180 500	<pre></pre>	EN2 EN2 EN2 EN2 REC WORK S ==== L I D S K C P S F S F	
200 Yards ===== 800 180	{5 x 50 on :50 Pulls-nbbf&w ENG {5 x 50 on :45 Pulls-nbbf&w ENG {5 x 50 on :45 Pulls-nbbf&w ENG {1 x 400 on 5:40 Freestyle ENG {16 x 25 on :25 Freestyle ENG {1 x 300 on 4:15 Freestyle ENG {1 x 200 on 2:50 Freestyle ENG {1 x 200 on 2:50 Freestyle ENG {1 x 200 on 3:00 Stroke Drills REG 1 on 7:00 Techniques-starts 6:29 AM 3,725 Yards - Stress Value ENG {1 minute rest between sets} **Workout #1343 - Tuesday, 29 May 2001 Group 3 - All 1 minute rest between sets** 5:15 PM Start Set Description ————————————————————————————————————	= 38	P FR P FR S FR S FR S FR S FR D CD D EGY WOF === === REC SP3 EN2 EN2	Yards ====== 400 180 500 1,000	<pre></pre>	EN2 EN2 EN2 EN2 REC WORK S ==== L I D S K C P S F S F S F	
200 Yards ===== 800 180	{5 x 50 on :50 Pulls-nbbf&w ENT {5 x 50 on :45 Pulls-nbbf&w ENT {1 x 400 on 5:40 Freestyle ENT {16 x 25 on :25 Freestyle ENT {1 x 300 on 4:15 Freestyle ENT {12 x 25 on :25 Freestyle ENT {1 x 200 on 2:50 Freestyle ENT {1 x 200 on 3:00 Stroke Drills REG 1 on 7:00 Techniques-starts 6:29 AM 3,725 Yards - Stress Value ENT {1 minute rest between sets} 5:15 PM Start Set Description 1 on 30:00 Plyometrics/stretch 1 x 800 on 15:00 Swim-kick-pull-starts 12 x 15 on :30 Shooters 3x{1 x 100 on 2:00 Kick {1 x 100 on 1:55 Kick {1 x 100 on 1:55 Kick {1 x 100 on 1:50 Kick } }	= 38	P FR P FR S FR S FR S FR C D CD D EGY WOF ==== REC SP3 EN2 EN2 EN2	Yards ===== 400 180 500	<pre>{8 x 25 on 1:00 From dive/10 pushups {3 x 100 on 1:35 Breaststroke {8 x 25 on 1:00 From dive/10 pushups {4 x 100 on 1:30 Breaststroke 1 x 200 on 3:00 Choice 7:45 PM 5,905 Yards - Stress Value = 79 Workout #1346 - Thursday, 31 May 2001</pre>	EN2 EN2 EN2 EN2 REC WORK S ==== L I D S K C P S F S F S F	
Yards ====================================	{5 x 50 on :50 Pulls-nbbf&w ENT {5 x 50 on :45 Pulls-nbbf&w ENT {1 x 400 on 5:40 Freestyle ENT {16 x 25 on :25 Freestyle ENT {1 x 300 on 4:15 Freestyle ENT {1 x 200 on 2:50 Freestyle ENT {1 x 200 on 2:50 Freestyle ENT {1 x 200 on 3:00 Stroke Drills REG 1 on 7:00 Techniques-starts 6:29 AM 3,725 Yards - Stress Value ENT {1 minute rest between sets} 5:15 PM Start Set Description	= 38	P FR P FR S FR S FR S FR C CD D EGY WOF ==== REC SP3 EN2 EN2 EN2 EN2	Yards ====== 400 180 500 1,000	<pre></pre>	EN2 EN2 EN2 EN2 REC WORK S ==== L I D S K C P S F S F S F	
Yards ====================================	{5 x 50 on :50 Pulls-nbbf&w ENT {5 x 50 on :45 Pulls-nbbf&w ENT {1 x 400 on 5:40 Freestyle ENT {16 x 25 on :25 Freestyle ENT {1 x 300 on 4:15 Freestyle ENT {1 x 200 on 2:50 Freestyle ENT {1 x 200 on 2:50 Freestyle ENT {1 x 200 on 3:00 Stroke Drills REG 1 on 7:00 Techniques-starts 6:29 AM 3,725 Yards - Stress Value = ** **Workout #1343 - Tuesday, 29 May 2001 Group 3 - All 1 minute rest between sets** 5:15 PM Start Set Description ====================================	======================================	P FR P FR S FR S FR S FR C CD D EGY WOF E====================================	Yards ====== 400 180 500 1,000	<pre>{8 x 25 on 1:00 From dive/10 pushups {3 x 100 on 1:35 Breaststroke {8 x 25 on 1:00 From dive/10 pushups {4 x 100 on 1:30 Breaststroke 1 x 200 on 3:00 Choice 7:45 PM 5,905 Yards - Stress Value = 79 Workout #1346 - Thursday, 31 May 2001</pre>	EN2 EN2 EN2 EN2 REC WORK S ==== L I D S K C P S F S F S F	
Yards ===== 800 180 1,200	{5 x 50 on :50 Pulls-nbbf&w ENT {5 x 50 on :45 Pulls-nbbf&w ENT {1 x 400 on 5:40 Freestyle ENT {16 x 25 on :25 Freestyle ENT {1 x 300 on 4:15 Freestyle ENT {1 x 200 on 2:50 Freestyle ENT {1 x 200 on 2:50 Freestyle ENT {1 x 200 on 3:00 Stroke Drills REG 1 on 7:00 Techniques-starts 6:29 AM 3,725 Yards - Stress Value ** Workout #1343 - Tuesday, 29 May 2001 Group 3 - All 1 minute rest between sets 5:15 PM Start Set Description 1 on 30:00 Plyometrics/stretch 1 x 800 on 15:00 Swim-kick-pull-starts {1 x 100 on 2:00 Kick {1 x 100 on 1:55 Kick {1 x 100 on 1:55 Kick {1 x 100 on 1:45 Kick {1 x 150 on 2:00 Pulls {4 x 150 on 1:50 Pulls}}	= 38	P FR P FR S FR S FR S FR C CD D EGY WOF ==== REC SP3 EN2 EN2 EN2 EN1 EN1	Yards ====== 400 180 500 1,000	<pre>{8 x 25 on 1:00 From dive/10 pushups {3 x 100 on 1:35 Breaststroke {8 x 25 on 1:00 From dive/10 pushups {4 x 100 on 1:30 Breaststroke 1 x 200 on 3:00 Choice 7:45 PM 5,905 Yards - Stress Value = 79 Workout #1346 - Thursday, 31 May 2001</pre>	EN2 EN2 EN2 EN2 REC WORK S ==== L I D S K C P S F S F S F	
Yards ===== 800 180 1,200 1,200	{5 x 50 on :50 Pulls-nbbf&w ENT {5 x 50 on :45 Pulls-nbbf&w ENT 1x{1 x 400 on 5:40 Freestyle ENT {16 x 25 on :25 Freestyle ENT {1 x 300 on 4:15 Freestyle ENT {1 x 200 on 2:50 Freestyle ENT {1 x 200 on 2:50 Freestyle ENT {1 x 200 on 3:00 Stroke Drills REG 1 on 7:00 Techniques-starts 6:29 AM 3,725 Yards - Stress Value = ** **Workout #1343 - Tuesday, 29 May 2001 Group 3 - All 1 minute rest between sets** 5:15 PM Start Set Description ** 1 on 30:00 Plyometrics/stretch 1 x 800 on 15:00 Swim-kick-pull-s12 x 15 on :30 Shooters 3x{1 x 100 on 2:00 Kick {1 x 100 on 1:55 Kick {1 x 100 on 1:55 Kick {1 x 100 on 1:45 Kick 1x{4 x 150 on 2:00 Pulls {4 x 150 on 1:50 Pulls 12 x 25 on :30 IM order-build** 1 x 100 on 1:50 Pulls 12 x 25 on :30 IM order-build**	======================================	P FR P FR S FR S FR S FR C CD D EGY WOF === === REC SP3 EN2 EN2 EN2 EN1 EN1 EN1	Yards ====== 400 180 500 1,000	<pre>{8 x 25 on 1:00 From dive/10 pushups {3 x 100 on 1:35 Breaststroke {8 x 25 on 1:00 From dive/10 pushups {4 x 100 on 1:30 Breaststroke 1 x 200 on 3:00 Choice 7:45 PM 5,905 Yards - Stress Value = 79 Workout #1346 - Thursday, 31 May 2001</pre>	EN2 EN2 EN2 EN2 REC WORK S ==== L I D S K C P S F S F S F	
Yards ===== 800 180 1,200 1,200 300 2,500	{5 x 50 on :50 Pulls-nbbf&w ENT {5 x 50 on :45 Pulls-nbbf&w ENT {1 x 400 on 5:40 Freestyle ENT {16 x 25 on :25 Freestyle ENT {1 x 300 on 4:15 Freestyle ENT {1 x 200 on 2:50 Freestyle ENT {1 x 200 on 2:50 Freestyle ENT {1 x 200 on 3:00 Stroke Drills REG 1 on 7:00 Techniques-starts 6:29 AM 3,725 Yards - Stress Value ** **Workout #1343 - Tuesday, 29 May 2001 Group 3 - All 1 minute rest between sets* 5:15 PM Start Set Description ** 1 on 30:00 Plyometrics/stretch 1 x 800 on 15:00 Swim-kick-pull-s12 x 15 on :30 Shooters 3x{1 x 100 on 2:00 Kick {1 x 100 on 1:55 Kick {1 x 100 on 1:55 Kick {1 x 100 on 1:45 Kick {1 x 100 on 1:50 Pulls {4 x 150 on 1:50 Pulls {4 x 150 on 1:50 Pulls {4 x 150 on 1:50 Pulls {4 x 25 on :30 IM order-build 5 x 500 on 6:00 Freestyle	======================================	P FR P FR S FR S FR S FR C CD D EGY WOF === === REC SP3 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1	Yards ====== 400 180 500 1,000	<pre>{8 x 25 on 1:00 From dive/10 pushups {3 x 100 on 1:35 Breaststroke {8 x 25 on 1:00 From dive/10 pushups {4 x 100 on 1:30 Breaststroke 1 x 200 on 3:00 Choice 7:45 PM 5,905 Yards - Stress Value = 79 Workout #1346 - Thursday, 31 May 2001</pre>	EN2 EN2 EN2 EN2 REC WORK S ==== L I D S K C P S F S F S F	
Yards ===== 800 180 1,200 1,200	{5 x 50 on :50 Pulls-nbbf&w ENT {5 x 50 on :45 Pulls-nbbf&w ENT 1x{1 x 400 on 5:40 Freestyle ENT {16 x 25 on :25 Freestyle ENT {1 x 300 on 4:15 Freestyle ENT {1 x 200 on 2:50 Freestyle ENT {1 x 200 on 2:50 Freestyle ENT {1 x 200 on 3:00 Stroke Drills REG 1 on 7:00 Techniques-starts 6:29 AM 3,725 Yards - Stress Value = ** **Workout #1343 - Tuesday, 29 May 2001 Group 3 - All 1 minute rest between sets** 5:15 PM Start Set Description ** 1 on 30:00 Plyometrics/stretch 1 x 800 on 15:00 Swim-kick-pull-s12 x 15 on :30 Shooters 3x{1 x 100 on 2:00 Kick {1 x 100 on 1:55 Kick {1 x 100 on 1:55 Kick {1 x 100 on 1:45 Kick 1x{4 x 150 on 2:00 Pulls {4 x 150 on 1:50 Pulls 12 x 25 on :30 IM order-build** 1 x 100 on 1:50 Pulls 12 x 25 on :30 IM order-build**	======================================	P FR P FR S FR S FR S FR C CD D EGY WOF === === REC SP3 EN2 EN2 EN2 EN1 EN1 EN1	Yards ====== 400 180 500 1,000	<pre>{8 x 25 on 1:00 From dive/10 pushups {3 x 100 on 1:35 Breaststroke {8 x 25 on 1:00 From dive/10 pushups {4 x 100 on 1:30 Breaststroke 1 x 200 on 3:00 Choice 7:45 PM 5,905 Yards - Stress Value = 79 Workout #1346 - Thursday, 31 May 2001</pre>	EN2 EN2 EN2 EN2 REC WORK S ==== L I D S K C P S F S F S F	

Workout #1347 - Friday, 01 June 2001 Group 3 - All

1 minute rest between sets

	5:15 AM Start			
Yards	Set Description	EGY	WORK	ζ
=====		===	====	=
425	1 x 425 on 8:00 Choice	REC	S	(
180	12 x 15 on :30 Choice	SP3	S	C
	1x{2 x 300 on 4:10 Pulls	EN1	P	
	{2 x 300 on 4:00 Pulls	EN1	P	
	{2 x 300 on 3:50 Pulls	EN1	P	
	4x{1 x 100 on 1:30 Free 2 beat kick	EN1	S	
	{1 x 75 on 1:10 Free 4 beat kick	EN1	S	
	$\{1 \times 50 \text{ on } : 45 \text{ Free 6 beat kick} \}$	EN1	S	
	$\{1 \times 100 \text{ on } : 00 \text{ Freestyle for time} \}$	SP2	S	
	$\{1 \times 100 \text{ on } 4:00 \text{ Freestyle}$	REC	S	
	6:26 AM 4,105 Yards - Stress Value =	74		

Workout #1348 - Friday, 01 June 2001 Group 3 - All

1 minute rest between sets

	5:15 PM Start				
Yards	Set Description	EGY	WORK	STK	E
=====		===	====	===	==
	1 on 30:00 Stomach and Stretch		L	DRY	
	1 on 10:00 Sculling drills	REC	D	CMB	
	1 on 15:00 Brick game	EN2	S	CMB	
	1 on 15:00 Techniques-relay str		D		
200	1 x 200 on 3:00 Freestyle-build	EN1	S	FR	1
1,000	1×1000 on $20:00$ Killer relays	EN2	S	FR	2
500	10 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	7:00 PM 1,700 Yards - Stress Val	Lue =	= 22		

Workout #1349 - Saturday, 02 June 2001 Group 3 - All

1 minute rest between sets

7:30 AM Start Yards Set Description EGY WOF ______ === 1 on 30:00 Stomach and Stretch 1 x 825 on 16:00 Swim-kick-pull-swim REC 210 14 x 15 on :30 Cross pool sprints $1x{2 x 100 on 2:00 Kick}$ EN2 $\{4 \times 50 \text{ on } :50 \text{ Kick} \}$ EN2 {2 x 100 on 1:50 Kick EN2 {4 x 50 on :55 Kick EN2 {2 x 100 on 1:40 Kick {4 x 50 on 1:00 Kick EN2 $1x{2 x 250 on 3:30 Pulls}$ EN1 $\{2 \times 250 \text{ on } 3:20 \text{ Pulls}$ EN1 {2 x 250 on 3:10 Pulls EN1 400 4 x 100 on 1:45 Individual Medley build each 25 $3x{1 x 200 on 2:45 Free last 50 fast}$ {1 x 200 on 3:00 Free last 100 fast {1 x 200 on 3:15 Free last 150 fast EN2 $\{1 \times 200 \text{ on } 3:30 \text{ Free all fast} \}$ EN3 1 x 250 on 4:00 Stroke Drills

Workout #1350 - Monday, 04 June 2001 Group 3 - All

10:00 AM 6,785 Yards - Stress Value = 117

1 minute rest between sets

5:15 AM Start

	1x{1	Х	100	on	1:30	Pulls		EN1		P	FR
	{1	Х	200	on	3:00	Pulls		EN1		P	FR
	{ 1	Х	300	on	4:30	Pulls		EN1		P	FR
	{ 1	Х	400	on	6:00	Pulls		EN1		P	FR
	{ 1	Х	400	on	5:20	Pulls		EN1		P	FR
	{ 1	Х	300	on	4:00	Pulls		EN1		P	FR
	{ 1	Х	200	on	2:40	Pulls		EN1		P	FR
	{ 1	Х	100	on	1:20	Pulls		EN1		P	FR
	1x{8	Х	75	on	1:10	Freestyle		EN1		S	FR
	{ 6	Х	75	on	1:05	Freestyle		EN1		S	FR
	{ 4	Х	75	on	1:00	Freestyle		EN1		S	FR
200	8	Х	25	on	:30 F	reestyle		EN2		S	FR
	ć	al:	l fa:	st!	!!!						
200	1	Х	200	on	3:00	Stroke Dr	ills	REC		D	CD
	6:30	Αl	M 4,	355	Yard	s - Stress	Valı	ie =	44		

Workout #1351 - Monday, 04 June 2001 Group 3 - All

1 minute rest between sets

	5:15 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,000	5x{1 x 150 on 3:00 Kick	EN2	
	{1 x 50 on 1:00 Kick 100% EFFORT	EN2	
2,000	1x{1 x 1000 on 15:00 Pulls	EN1	
	{2 x 500 on 7:00 Pulls	EN1	
300	6 x 50 on :50 Freestyle	EN1	
2,400	1x{3 x 200 on 2:30 Freestyle	EN2	
	{3 x 200 on 2:25 Freestyle	EN2	
	{3 x 200 on 2:20 Freestyle	EN2	
	{3 x 200 on 2:15 Freestyle	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	
	7:45 PM 7,180 Yards - Stress Value = 98		

Workout #1352 - Tuesday, 05 June 2001 Group 3 - All

5:15 PM Start		
Set Description	EGY	WORF
=======================================	===	
1 on 30:00 Plyometrics/stretch		I
8 x 100 on 2:00 Stroke Drills	REC	Γ
12 x 15 on :30 Shooters	SP3	٤
1x{2 x 200 on 4:00 Kick	EN2	F
{2 x 200 on 3:50 Kick	EN2	F
{2 x 200 on 3:40 Kick	EN2	F
$1x{4 x 125 on 1:50 Pulls 2 brths L. 25}$	EN1	E
$\{4 \times 125 \text{ on } 1:45 \text{ Pulls } 1 \text{ brth L. } 25$	EN1	E
{4 x 125 on 1:40 Pulls 0 brths L. 25	EN1	E
1 x 300 on 5:00 Individual Medley	EN1	٤
1x{4 x 50 on :55 Back des 1-3 hold 4	EN2	٤
$\{1 \text{ x 200 on 4:00 Backstroke for time}$	EN3	٤
$\{4 \times 75 \text{ on } 1:15 \text{ Back des } 1-3 \text{ hold } 4$	EN2	٤
{1 x 200 on 4:00 Backstroke for time	EN3	٤
{4 x 100 on 1:30 Back des 1-3 hold 4	EN2	٤
{1 x 200 on 4:00 Backstroke for time	EN3	٤
$1x{4 x 25 on :30 Freestyle}$	EN2	٤
$\{4 \times 25 \text{ on :} 25 \text{ Freestyle}$	EN2	٤
$\{4 \times 25 \text{ on } : 20 \text{ Freestyle} \}$	EN2	٤
$\{4 \times 25 \text{ on :} 15 \text{ Freestyle}$	EN2	٤
1 x 400 on 8:00 Stroke Drills	REC	Ι
7:44 PM 6,280 Yards - Stress Value = 13	11	
	Set Description	Set Description

Workout #1353 - Wednesday, 06 June 2001 Group 3 - All 1 minute rest between sets

Workout #1356 - Friday, 08 June 2001 Group 3 - All 1 minute rest between sets

Yards	±	EGY WO		Yards	4:00 PM Start Set Description	EGY W
425 210	1x{1 x 400 on 6:00 Pulls {2 x 300 on 4:15 Pulls {3 x 200 on 2:40 Pulls 1x{1 x 150 on 1:45 Freestyle {6 x 50 on 1:00 Freestyle {2 x 150 on 1:55 Freestyle {5 x 50 on :50 Freestyle {3 x 150 on 2:05 Freestyle {4 x 50 on :40 Freestyle		===	 1,000	1 x 1000 on 20:00 Swim-kick-pull-swim 12x{1 x 15 on :00 Breaststroke {1 x 10 on :30 Freestyle 5x{1 x 100 on 2:00 Kick {2 x 50 on 1:15 Kick under water 1x{5 x 100 on 1:30 Pulls {4 x 100 on 1:25 Pulls {3 x 100 on 1:20 Pulls {2 x 100 on 1:15 Pulls {1 x 100 on 1:15 Pulls {1 x 100 on 1:45 Individual Medley 2x{1 x 50 on :00 Freestyle {1 x 75 on :00 Freestyle {1 x 75 on 4:30 Freestyle {1 x 100 on :00 F	
	1 minute rest between sets			500	10 x 50 on 1:00 Stroke Drills 6:00 PM 5,600 Yards - Stress Value = 85	REC
Yards	5:15 PM Start Set Description	EGY V			Workout #1357 - Saturday, 09 June 2001 Group 3 - All	
800 180	<pre>1 on 29:00 Stomach and Stretch 1 x 800 on 15:00 Swim-kick-pull-swim 12 x 15 on :30 Shooters 2x{1 x 50 on 1:00 Kick {1 x 100 on 1:55 Kick {1 x 200 on 3:30 Kick 4x{1 x 300 on 4:00 Pulls {4 x 50 on 1:00 Pulls all out 1x{4 x 50 on :50 Freestyle {4 x 50 on :45 Freestyle {4 x 50 on :40 Freestyle {4 x 50 on :30 Butterfly {1 on 1:00 Rest 1 x 250 on 4:00 Stroke Drills 7:45 PM 6,030 Yards - Stress Value = 85</pre> <pre>Workout #1355 - Thursday, 07 June 2001</pre>	SP3 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN2 REC		300	1 on 30:00 Stomach and Stretch 1 x 800 on 16:00 Swim-kick-pull-swim R 12 x 15 on :30 Shooters 1x{3 x 100 on 2:30 Kick {3 x 100 on 2:25 Kick {3 x 100 on 2:25 Kick {1 x 100 on 2:15 Kick } 3x{1 x 300 on 4:30 Pulls {6 x 50 on 1:00 Pulls 3 x 100 on 1:45 Freestyle-descend 1x{2 x 200 on 3:00 Freestyle {1 x 100 on 1:45 Your Stroke {2 x 200 on 2:55 Freestyle {1 x 100 on 1:45 Your Stroke {2 x 200 on 2:50 Freestyle {1 x 100 on 1:45 Your Stroke {2 x 200 on 2:50 Freestyle {1 x 100 on 1:45 Your Stroke {2 x 200 on 2:50 Freestyle {1 x 100 on 1:45 Your Stroke {2 x 200 on 2:50 Freestyle {1 x 100 on 1:45 Your Stroke {2 x 200 on 2:50 Freestyle {1 x 100 on 1:45 Your Stroke {2 x 200 on 2:50 Freestyle {1 x 100 on 1:45 Your Stroke {2 x 200 on 2:50 Freestyle {1 x 100 on 1:45 Your Stroke	
Yards	Set Description	EGY W			·	
800 180	<pre>1 on 30:00 Plyometrics/stretch 1 x 800 on 15:00 Swim-kick-pull-swim 12 x 15 on :30 Shooters 3x{1 x 50 on 1:00 Kick {1 x 50 on :55 Kick {1 x 75 on 1:30 Kick</pre>	REC SP3 EN2 EN2 EN2		Meters	Workout #1361 - Monday, 11 June 2001 Group 3 - All 1 minute rest between sets 5:30 PM Start Set Description EGY	WORK S
400	1 x 75 on 1:25 Kick 1 x 75 on 1:20 Kick 1 x 75 on 1:15 Kick 1x{2 x 400 on 5:30 Pulls 2 x 400 on 5:15 Pulls	EN2 EN2 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2 EN2		600 180 800	1 on 30:00 Stomach and Stretch 1 x 600 on 12:00 Reverse IM drill REC 12 x 15 on :30 Shooters-OTB SP3 16 x 50 on 1:15 Kick-no board EN2 4 on each stroke 4x{3 x 100 on 2:15 Stroke Drills EN1 {1 x 200 on 5:00 IM OTB for time SP2	==== = L I

Workout #1358 - Monday, 11 June 2001 Group 3 - Gold

1 minute rest between sets

Group 3 - Breast 1 minute rest between sets

	1 minute rest between sets								
				Meters		PM Star et Descri		ECV	WORF
Meters	6:30 AM Start Set Description	EGY	MOE	=====			-pc1011		
meters	======================================				1	on 30:00) Plyometrics/stretch		I
	1 on 30:00 Stomach and Stretch			800			n 2:00 Stroke Drills	REC	Γ
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC		180			n :30 Shooters	SP3	
180	12×15 on :30 Shooters	SP3		1,000			1 2:15 Kick	EN2	
	3x{1 x 150 on 3:15 Kick	EN2					n 2:10 Kick n 2:05 Kick	EN2 EN2	ľ ľ
	{1 x 100 on 2:10 Kick	EN2			•		1 2:05 Kick 1 2:00 Kick	EN2	r F
100	$\{1 \times 50 \text{ on } 1:05 \text{ Kick} \\ 1 \times 100 \text{ on } 3:00 \text{ Kick for time} \}$	EN2 EN3		1,000	•		1:45 Pulls	EN1	E
100	1x{4 x 100 on 1:40 Lungbuster pulls	EN1		,			n 1:40 Pulls	EN1	E
	{4 x 100 on 1:35 Lungbuster pulls	EN1					n 1:35 Pulls	EN1	E
	{4 x 100 on 1:30 Lungbuster pulls	EN1					n 1:30 Pulls	EN1	E
400	8×50 on 1:00 Descend in sets of 4	EN2		400			1 8:00 Individual Medley	EN1	٤
	1x{2 x 400 on 5:30 Freestyle	EN2		1 000		50 drill	50 swim n 4:00 Breast w/ fly kic!	k EN2	٤
	{2 x 400 on 5:20 Freestyle	EN2		1,000			1 4:00 Breast w/ free kid		٤
400	$\{2 \times 400 \text{ on } 5:10 \text{ Freestyle} \\ 8 \times 50 \text{ on } 1:10 \text{ Stroke Drills}$	EN2 REC					5:00 Breaststroke pull	EN2	E
400	9:01 AM 6,380 Meters - Stress Value = 13						3:30 Breaststroke	EN2	٤
	5,61 111 0,660 1166616 561666 74146 11				{1	х 150 or	n 3:00 Breast w/ fly kic	k EN2	٤
	Workout #1359 - Monday, 11 June 2001						n 3:20 Breast w free kic		٤
	Group 3 - Silver						3:45 Breaststroke pull	EN2	E
					•		n 2:40 Breaststroke n 2:00 Breast w/ fly kic	EN2	٤
	1 minute rest between sets				•		n 2:00 Breast W/ fly kic n 2:15 Breast w/ free kid		5
	6:30 AM Start						1 2:13 Breast w/ Free ki	EN2	
Meters	Set Description	EGY	WOF				1:45 Breaststroke	EN2	
======	=======================================			350	7	x 50 on	1:00 Stroke Drills	REC	Γ
	1 on 30:00 Stomach and Stretch				9:00	PM 5,530) Meters - Stress Value =	= 80	
800	1 x 800 on 16:00 Swim-kick-pull-swim								
180	12 x 15 on :30 Shooters	SP3				Workout	#1363 - Tuesday, 12 June 2001		
	3x{1 x 150 on 3:30 Kick {1 x 100 on 2:20 Kick	EN2 EN2					Group 3 - Distance		
						1 n	ninute rest between sets		
100	{1 x 50 on 1:10 Kick	EN2 EN3				1 n	ninute rest between sets		
100	{1 x 50 on 1:10 Kick	EN2				PM Star	rt		
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400 500 Meters ===== 800 180	{1 x 50 on 1:10 Kick 1 x 100 on 3:00 Kick for time 1x{3 x 100 on 1:50 Lungbuster pulls {3 x 100 on 1:45 Lungbuster pulls {4 x 100 on 1:40 Lungbuster pulls 8 x 50 on 1:00 Descend in sets of 4 1x{2 x 400 on 6:00 Freestyle {2 x 400 on 5:50 Freestyle {1 x 400 on 5:40 Freestyle 10 x 50 on 1:10 Stroke Drills 9:01 AM 5,880 Meters - Stress Value = 9: Workout #1360 - Monday, 11 June 2001 Group 3 - Bronze 1 minute rest between sets 6:30 AM Start Set Description 1 on 30:00 Stomach and Stretch 1 x 800 on 16:00 Swim-kick-pull-swim 12 x 15 on :30 Shooters 3x{1 x 150 on 3:30 Kick {1 x 100 on 2:20 Kick {1 x 50 on 1:10 Kick 1 x 100 on 3:00 Kick for time 1x{3 x 100 on 1:50 Lungbuster pulls}	EN2 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2 EN2 ERC 9		800 180 1,000 1,000	S = 1 8 1 1 x { 4 4 { 3 { 3 { 2 { 11 { 12 { 13 { 44 { 11 { 15 { 15 { 15 { 15 { 15 { 15	PM Star et Descri on 30:00 x 100 or 2 x 15 or x 100 or	ption Plyometrics/stretch 2:00 Stroke Drills 30 Shooters 2:15 Kick 2:10 Kick 2:05 Kick 2:00 Kick 1:45 Pulls 1:40 Pulls 1:35 Pulls 1:30 Pulls	REC SP3 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN2 REC	L I D C S K C K C K C P P P S S S
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400 500 Meters ===== 800 180	{1 x 50 on 1:10 Kick 1 x 100 on 3:00 Kick for time 1x{3 x 100 on 1:50 Lungbuster pulls {3 x 100 on 1:45 Lungbuster pulls {4 x 100 on 1:40 Lungbuster pulls 8 x 50 on 1:00 Descend in sets of 4 1x{2 x 400 on 6:00 Freestyle {2 x 400 on 5:50 Freestyle {1 x 400 on 5:40 Freestyle 10 x 50 on 1:10 Stroke Drills 9:01 AM 5,880 Meters - Stress Value = 9: Workout #1360 - Monday, 11 June 2001 Group 3 - Bronze 1 minute rest between sets 6:30 AM Start Set Description	EN2		800 180 1,000 1,000	S = 1 8 1 1 x { 4 4 { 3 { 3 { 2 { 11 { 12 { 13 { 44 { 11 { 15 { 15 { 15 { 15 { 15 { 15	PM Star et Descri on 30:00 x 100 or 2 x 15 or x 100 or	ption Plyometrics/stretch 2:00 Stroke Drills 30 Shooters 2:15 Kick 2:10 Kick 2:05 Kick 2:00 Kick 1:45 Pulls 1:40 Pulls 1:35 Pulls 1:30 Pulls	REC SP3 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN2 REC	L I D C S K C K C K C P P P S S S
400 500 Meters ===== 800 180	{1 x 50 on 1:10 Kick 1 x 100 on 3:00 Kick for time 1x{3 x 100 on 1:50 Lungbuster pulls {3 x 100 on 1:45 Lungbuster pulls {4 x 100 on 1:40 Lungbuster pulls 8 x 50 on 1:00 Descend in sets of 4 1x{2 x 400 on 6:00 Freestyle {2 x 400 on 5:50 Freestyle {1 x 400 on 5:40 Freestyle 10 x 50 on 1:10 Stroke Drills 9:01 AM 5,880 Meters - Stress Value = 9: Workout #1360 - Monday, 11 June 2001 Group 3 - Bronze 1 minute rest between sets 6:30 AM Start Set Description	EN2 EN1 EN1 EN1 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2		800 180 1,000 1,000	S = 1 8 1 1 x { 4 4 { 3 { 3 { 2 { 11 { 12 { 13 { 44 { 11 { 15 { 15 { 15 { 15 { 15 { 15	PM Star et Descri on 30:00 x 100 or 2 x 15 or x 100 or	ption Plyometrics/stretch 2:00 Stroke Drills 30 Shooters 2:15 Kick 2:10 Kick 2:05 Kick 2:00 Kick 1:45 Pulls 1:40 Pulls 1:35 Pulls 1:30 Pulls	REC SP3 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN2 REC	L I D C S K C K C K C P P P S S S
400 500 Meters ===== 800 180	{1 x 50 on 1:10 Kick 1 x 100 on 3:00 Kick for time 1x{3 x 100 on 1:50 Lungbuster pulls {3 x 100 on 1:45 Lungbuster pulls {4 x 100 on 1:40 Lungbuster pulls 8 x 50 on 1:00 Descend in sets of 4 1x{2 x 400 on 6:00 Freestyle {2 x 400 on 5:50 Freestyle {1 x 400 on 5:40 Freestyle 10 x 50 on 1:10 Stroke Drills 9:01 AM 5,880 Meters - Stress Value = 9: Workout #1360 - Monday, 11 June 2001 Group 3 - Bronze 1 minute rest between sets 6:30 AM Start Set Description 1 on 30:00 Stomach and Stretch 1 x 800 on 16:00 Swim-kick-pull-swim 12 x 15 on :30 Shooters 3x{1 x 150 on 3:30 Kick {1 x 100 on 2:20 Kick {1 x 50 on 1:10 Kick 1 x 100 on 3:00 Kick for time 1x{3 x 100 on 1:45 Lungbuster pulls 4 x 100 on 1:40 Lungbuster pulls 8 x 50 on 1:00 Descend in sets of 4 1x{2 x 400 on 7:00 Freestyle {2 x 400 on 6:45 Freestyle	EN2		800 180 1,000 1,000	S = 1 8 1 1 x { 4 4 { 3 { 3 { 2 { 11 { 12 { 13 { 44 { 11 { 15 { 15 { 15 { 15 { 15 { 15	PM Star et Descri on 30:00 x 100 or 2 x 15 or x 100 or	ption Plyometrics/stretch 2:00 Stroke Drills 30 Shooters 2:15 Kick 2:10 Kick 2:05 Kick 2:00 Kick 1:45 Pulls 1:40 Pulls 1:35 Pulls 1:30 Pulls	REC SP3 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN2 REC	L I D C S K C K C K C P P P S S S
400 500 Meters ===== 800 180	{1 x 50 on 1:10 Kick 1 x 100 on 3:00 Kick for time 1x{3 x 100 on 1:50 Lungbuster pulls {3 x 100 on 1:45 Lungbuster pulls {4 x 100 on 1:40 Lungbuster pulls 8 x 50 on 1:00 Descend in sets of 4 1x{2 x 400 on 6:00 Freestyle {2 x 400 on 5:50 Freestyle {1 x 400 on 5:40 Freestyle 10 x 50 on 1:10 Stroke Drills 9:01 AM 5,880 Meters - Stress Value = 9: Workout #1360 - Monday, 11 June 2001 Group 3 - Bronze 1 minute rest between sets 6:30 AM Start Set Description 10 x 800 on 16:00 Swim-kick-pull-swim 12 x 15 on :30 Shooters 3x{1 x 150 on 3:30 Kick {1 x 100 on 2:20 Kick {1 x 50 on 1:10 Kick 1 x 100 on 3:00 Kick for time 1x{3 x 100 on 1:45 Lungbuster pulls 4 x 100 on 1:40 Lungbuster pulls 8 x 50 on 1:00 Descend in sets of 4 1x{2 x 400 on 7:00 Freestyle	EN2		800 180 1,000 1,000	S = 1 8 1 1 x { 4 4 { 3 { 3 { 2 { 11 { 12 { 13 { 44 { 11 { 15 { 15 { 15 { 15 { 15 { 15	PM Star et Descri on 30:00 x 100 or 2 x 15 or x 100 or	ption Plyometrics/stretch 2:00 Stroke Drills 30 Shooters 2:15 Kick 2:10 Kick 2:05 Kick 2:00 Kick 1:45 Pulls 1:40 Pulls 1:35 Pulls 1:30 Pulls	REC SP3 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN1 EN1 EN2 REC	L I D C S K C K C K C P P P S S S

Workout #1366 - Tuesday, 12 June 2001 Group 3 - Fly & Back 1 minute rest between sets

Group 3 - All 1 minute rest between sets

	1 minute rest between sets				C - 20	0. 7M . Ot
	6 20 794 01			Yards		0 AM Start Set Description EGY WOF
Meters	6:30 PM Start	ECV	WORF	=====		======================================
meters	Set Description ====================================					1 on 30:00 Stomach and Stretch
	1 on 30:00 Plyometrics/stretch		I	800	1	1 x 800 on 16:00 Swim-kick-pull-swim REC
800	8 x 100 on 2:00 Stroke Drills	REC	Ī	180		12 x 15 on :30 Shooters SP3
180	12 x 15 on :30 Shooters	SP3	٤		2x{1	1 x 200 on 5:00 Kick EN2
1,000	1x{4 x 100 on 2:15 Kick	EN2	F		{ 4	4 x 50 on 1:10 Kick all fast EN2
	{3 x 100 on 2:10 Kick	EN2	F	900		3 x 300 on 4:45 Pulls EN1
	{2 x 100 on 2:05 Kick	EN2	ľ	450		9 x 50 on 1:00 Descend in sets of 3 EN1
	{1 x 100 on 2:00 Kick	EN2	ľ	600		6 x 100 on 6:00 Choice-all same strk SP1
1,000	1x{1 x 100 on 1:45 Pulls	EN1	F	500		10 x 50 on 1:15 Stroke Drills REC 1 AM 4,230 Yards - Stress Value = 84
	{2 x 100 on 1:40 Pulls	EN1	E		9.01	1 AM 4,230 Tatus - Scress value - 04
	{3 x 100 on 1:35 Pulls {4 x 100 on 1:30 Pulls	EN1 EN1	E E			W 1 4/12/0 Th 1 1/1 2001
400	1 x 400 on 8:00 Individual Medley	EN1	5			Workout #1369 - Thursday, 14 June 2001
100	50 drill 50 swim		~			Group 3 - Breast
	1 on 10:00 Vertical Kicking	EN2	ŀ			1 minute rest between sets
1,400	28 x 50 on 1:00 Your Stroke w/ fins	EN2	۶			
400	8 x 50 on 1:00 Stroke Drills	REC	Ι	3.6		0 AM Start
	9:00 PM 5,180 Meters - Stress Value = 7	75		Meters		Set Description EGY WOF
						1 on 30:00 Plyometrics/stretch
	Workout #1362 - Tuesday, 12 June 2001			800		1 x 800 on 16:00 Swim-kick-pull-swim REC
	Group 3 - All			180		12 x 15 on :30 Shooters SP3
	1 minute rest between sets			1,200		1 x 300 on 6:00 Kick EN2
					{2	2 x 150 on 3:10 Kick EN2
	5:30 PM Start				{ 3	3 x 100 on 2:10 Kick EN2
Meters	Set Description EGY W	IORK	STK			6 x 50 on 1:10 Kick EN2
=====	=======================================		===	2,000	•	2 x 400 on 6:30 Pulls EN1
	1 on 30:00 Stomach and Stretch		DRY			2 x 400 on 6:15 Pulls EN1
800	1 x 800 on 16:00 Choice REC		CHO	200		1 x 400 on 6:00 Pulls EN1
180	12 x 15 on :30 Shooters SP3	S	BK	200 1,500		1 x 200 on 3:30 Individual Medley EN1 1 x 1500 on 27:00 Breaststroke EN1
	1x{2 x 200 on 3:15 Pulls EN1	P	FR	200		1 x 200 on 3:00 Stroke Drills REC
	{2 x 200 on 3:10 Pulls EN1 {2 x 200 on 3:05 Pulls EN1	P P	FR FR	200		0 AM 6,080 Meters - Stress Value = 77
200	1 x 200 on 3:00 Freestyle EN1	S	FR			
200	build each 50	v				Workout #1370 - Thursday, 14 June 2001
	2x{1 x 200 on 4:00 Backstroke EN1	S	BK			Group 3 - Distance
	{3 x 100 on 1:45 Backstroke EN2	S	BK			1 minute rest between sets
	{4 x 50 on 2:00 Backstroke OTB SP2	S	BK			1 influte Test between sets
300	6 x 50 on 1:00 Stroke Drills REC	D	CD		6:30	0 AM Start
	7:30 PM 4,080 Meters - Stress Value = 8	33		Meters		Set Description EGY WOF
	W 1 4 #1264 T 1 12 I 2001				=	
	Workout #1364 - Tuesday, 12 June 2001					1 on 30:00 Plyometrics/stretch
	Group 3 - Sprint			800		1 x 800 on 16:00 Swim-kick-pull-swim REC
	1 minute rest between sets			180		12 x 15 on :30 Shooters SP3
				1,200		1 x 300 on 6:00 Kick EN2
	6:30 PM Start		~		-	2 x 150 on 3:10 Kick EN2 3 x 100 on 2:10 Kick EN2
Meters	Set Description		GY WC		-	6 x 50 on 1:10 Kick EN2
	1 on 30:00 Plyometrics/stretch			2,000		
800	I OII JO.OO IIYOMEELIICJ/JCIECCII		E.C	,	-	2 x 400 on 6:30 Pulls EN1
	8 v 100 on 2:00 Stroke Drills	RI			14	2 x 400 on 6:30 Pulls EN1 2 x 400 on 6:15 Pulls EN1
180	8 x 100 on 2:00 Stroke Drills 12 x 15 on :30 Shooters	RI SI			-	
180 1,000	8 x 100 on 2:00 Stroke Drills 12 x 15 on :30 Shooters 1x{4 x 100 on 2:15 Kick	SI	P3 N2	400	{1	2 x 400 on 6:15 Pulls EN1
	12×15 on :30 Shooters	SI El	₽3		{ 1 2 3	2 x 400 on 6:15 Pulls EN1 1 x 400 on 6:00 Pulls EN1 2 x 200 on 3:30 Individual Medley EN1 3 x 500 on 8:00 Freestyle-descend EN2
	12 x 15 on :30 Shooters 1x{4 x 100 on 2:15 Kick	SI El El	P3 N2		{1 2 3 1	2 x 400 on 6:15 Pulls EN1 1 x 400 on 6:00 Pulls EN1 2 x 200 on 3:30 Individual Medley EN1 3 x 500 on 8:00 Freestyle-descend EN2 1 x 200 on 3:00 Stroke Drills REC
1,000	12 x 15 on :30 Shooters 1x{4 x 100 on 2:15 Kick} {3 x 100 on 2:10 Kick} {2 x 100 on 2:05 Kick} {1 x 100 on 2:00 Kick}	SI E1 E1 E1	P3 N2 N2 N2 N2	1,500	{1 2 3 1	2 x 400 on 6:15 Pulls EN1 1 x 400 on 6:00 Pulls EN1 2 x 200 on 3:30 Individual Medley EN1 3 x 500 on 8:00 Freestyle-descend EN2
1,000	12 x 15 on :30 Shooters 1x{4 x 100 on 2:15 Kick {3 x 100 on 2:10 Kick {2 x 100 on 2:05 Kick {1 x 100 on 2:00 Kick 1x{1 x 100 on 1:45 Pulls	S I E I E I E I E I	P3 N2 N2 N2 N2 N2	1,500	{1 2 3 1	2 x 400 on 6:15 Pulls EN1 1 x 400 on 6:00 Pulls EN1 2 x 200 on 3:30 Individual Medley EN1 3 x 500 on 8:00 Freestyle-descend EN2 1 x 200 on 3:00 Stroke Drills REC
1,000	12 x 15 on :30 Shooters 1x{4 x 100 on 2:15 Kick {3 x 100 on 2:10 Kick {2 x 100 on 2:05 Kick {1 x 100 on 2:00 Kick 1x{1 x 100 on 1:45 Pulls {2 x 100 on 1:40 Pulls	S I E 1 E 1 E 1 E 1 E 1	P3 N2 N2 N2 N2 N2 N1	1,500	{1 2 3 1	2 x 400 on 6:15 Pulls EN1 1 x 400 on 6:00 Pulls EN1 2 x 200 on 3:30 Individual Medley EN1 3 x 500 on 8:00 Freestyle-descend EN2 1 x 200 on 3:00 Stroke Drills REC
1,000	12 x 15 on :30 Shooters 1x{4 x 100 on 2:15 Kick {3 x 100 on 2:10 Kick {2 x 100 on 2:05 Kick {1 x 100 on 2:00 Kick 1x{1 x 100 on 1:45 Pulls {2 x 100 on 1:40 Pulls {3 x 100 on 1:35 Pulls	SI EI EI EI EI EI	P3 N2 N2 N2 N2 N1 N1	1,500	{1 2 3 1	2 x 400 on 6:15 Pulls EN1 1 x 400 on 6:00 Pulls EN1 2 x 200 on 3:30 Individual Medley EN1 3 x 500 on 8:00 Freestyle-descend EN2 1 x 200 on 3:00 Stroke Drills REC
1,000	12 x 15 on :30 Shooters 1x{4 x 100 on 2:15 Kick {3 x 100 on 2:10 Kick {2 x 100 on 2:05 Kick {1 x 100 on 2:00 Kick 1x{1 x 100 on 1:45 Pulls {2 x 100 on 1:40 Pulls {3 x 100 on 1:35 Pulls {4 x 100 on 1:30 Pulls	SI EI EI EI EI EI	P3 N2 N2 N2 N2 N1 N1	1,500	{1 2 3 1	2 x 400 on 6:15 Pulls EN1 1 x 400 on 6:00 Pulls EN1 2 x 200 on 3:30 Individual Medley EN1 3 x 500 on 8:00 Freestyle-descend EN2 1 x 200 on 3:00 Stroke Drills REC
1,000	12 x 15 on :30 Shooters 1x{4 x 100 on 2:15 Kick {3 x 100 on 2:10 Kick {2 x 100 on 2:05 Kick {1 x 100 on 2:00 Kick 1x{1 x 100 on 1:45 Pulls {2 x 100 on 1:40 Pulls {3 x 100 on 1:35 Pulls {4 x 100 on 1:30 Pulls 1 x 400 on 8:00 Individual Medley	SI EI EI EI EI EI	P3 N2 N2 N2 N2 N1 N1	1,500	{1 2 3 1	2 x 400 on 6:15 Pulls EN1 1 x 400 on 6:00 Pulls EN1 2 x 200 on 3:30 Individual Medley EN1 3 x 500 on 8:00 Freestyle-descend EN2 1 x 200 on 3:00 Stroke Drills REC
1,000	12 x 15 on :30 Shooters 1x{4 x 100 on 2:15 Kick {3 x 100 on 2:10 Kick {2 x 100 on 2:05 Kick {1 x 100 on 2:00 Kick 1x{1 x 100 on 1:45 Pulls {2 x 100 on 1:40 Pulls {3 x 100 on 1:35 Pulls {4 x 100 on 1:30 Pulls 1 x 400 on 8:00 Individual Medley 50 drill 50 swim	SI E1 E1 E1 E1 E1 E1	P3 N2 N2 N2 N2 N1 N1 N1	1,500	{1 2 3 1	2 x 400 on 6:15 Pulls EN1 1 x 400 on 6:00 Pulls EN1 2 x 200 on 3:30 Individual Medley EN1 3 x 500 on 8:00 Freestyle-descend EN2 1 x 200 on 3:00 Stroke Drills REC
1,000	12 x 15 on :30 Shooters 1x{4 x 100 on 2:15 Kick {3 x 100 on 2:10 Kick {2 x 100 on 2:05 Kick {1 x 100 on 2:00 Kick 1x{1 x 100 on 1:45 Pulls {2 x 100 on 1:40 Pulls {3 x 100 on 1:35 Pulls {4 x 100 on 1:30 Pulls 1 x 400 on 8:00 Individual Medley	SI EI EI EI EI EI EI	P3 N2 N2 N2 N2 N1 N1 N1	1,500	{1 2 3 1	2 x 400 on 6:15 Pulls EN1 1 x 400 on 6:00 Pulls EN1 2 x 200 on 3:30 Individual Medley EN1 3 x 500 on 8:00 Freestyle-descend EN2 1 x 200 on 3:00 Stroke Drills REC
1,000 1,000 400 1,200	12 x 15 on :30 Shooters 1x{4 x 100 on 2:15 Kick {3 x 100 on 2:10 Kick {2 x 100 on 2:05 Kick {1 x 100 on 2:00 Kick 1x{1 x 100 on 1:45 Pulls {2 x 100 on 1:40 Pulls {3 x 100 on 1:35 Pulls {4 x 100 on 1:30 Pulls 1 x 400 on 8:00 Individual Medley 50 drill 50 swim 12 x 100 on 1:45 Descend in sets of	SI EI EI EI EI EI EI EI	P3 N2 N2 N2 N2 N1 N1 N1	1,500	{1 2 3 1	2 x 400 on 6:15 Pulls EN1 1 x 400 on 6:00 Pulls EN1 2 x 200 on 3:30 Individual Medley EN1 3 x 500 on 8:00 Freestyle-descend EN2 1 x 200 on 3:00 Stroke Drills REC
1,000 1,000 400 1,200 180	12 x 15 on :30 Shooters 1x{4 x 100 on 2:15 Kick {3 x 100 on 2:10 Kick {2 x 100 on 2:05 Kick {1 x 100 on 2:00 Kick 1x{1 x 100 on 1:45 Pulls {2 x 100 on 1:40 Pulls {3 x 100 on 1:35 Pulls {4 x 100 on 1:30 Pulls 1 x 400 on 8:00 Individual Medley 50 drill 50 swim 12 x 100 on 1:30 Pit sprints	SI EI EI EI EI EI EI EI EI EI	P3 N2 N2 N2 N1 N1 N1 N1	1,500	{1 2 3 1	2 x 400 on 6:15 Pulls EN1 1 x 400 on 6:00 Pulls EN1 2 x 200 on 3:30 Individual Medley EN1 3 x 500 on 8:00 Freestyle-descend EN2 1 x 200 on 3:00 Stroke Drills REC

	Workout #1371 - Thursday, 14 June 2001 Group 3 - Fly & Back			Meters	5:30 PM Start Set Description		WORK
	1 minute rest between sets				1 on 30:00 Stomach and Stretch		L
Meters	6:30 AM Start Set Description		WOF	600 180	1 x 600 on 12:00 Reverse IM drill 12 x 15 on :30 Shooters 3x{1 x 100 on 2:30 Kick	SP3 EN2	D S K
800 180 1,200	<pre>1 on 30:00 Plyometrics/stretch 1 x 800 on 16:00 Swim-kick-pull-swin 12 x 15 on :30 Shooters 1x{1 x 300 on 6:00 Kick {2 x 150 on 3:10 Kick {3 x 100 on 2:10 Kick</pre>	n REC SP3 EN2 EN2 EN2		200	10x{1 x 15 on :00 under water dolphin {1 x 10 on :00 Butterfly 100% {1 x 25 on 2:00 Freestyle	EN2 REC	D S K S S
2,000	{6 x 50 on 1:10 Kick 1x{2 x 400 on 6:30 Pulls {2 x 400 on 6:15 Pulls {1 x 400 on 6:00 Pulls	EN2 EN1 EN1 EN1		400	1 x 400 on 6:00 Stroke Drills 7:30 PM 2,780 Meters - Stress Value = Workout #1373 - Friday, 15 June 2001	REC = 33	. D
400	2 x 200 on 3:30 Individual Medley	EN1			Group 3 - Gold		
1,500	1x{3 x 200 on 3:30 Your Stroke	EN1			1 minute rest between sets		
200	{3 x 150 on 2:30 Your Stroke {3 x 100 on 1:35 Your Stroke {3 x 50 on :45 Your Stroke 1 x 200 on 3:00 Stroke Drills	EN1 EN1 EN1 REC		Meters	6:30 AM Start		WORK 5
	9:01 AM 6,280 Meters - Stress Value = 7	78			1 on 30:00 Stomach and Stretch		LΙ
	Workout #1372 - Thursday, 14 June 2001 Group 3 - All			800 180 1,200	1 x 800 on 16:00 Choice 12 x 15 on :30 Shooters 1 x 1200 on 28:00 Social kick	REC SP3 EN1	S C S C K C
	•				$1x{4 \times 50 \text{ on } 1:10 \text{ Pulls}}$	EN1	P
	1 minute rest between sets 5:30 PM Start				{4 x 50 on 1:00 Pulls	EN1 EN1 EN1	P P P
Yards	Set Description	EGY I	WORF		{4 x 50 on :50 Pulls	EN1	P
=====	1 on 29:00 Stomach and Stretch		I		•	EN1	P
600	1 x 600 on 12:00 Choice	REC	٤		{ last 15 meters		
180	12 x 15 on :45 Shooters	SP3	Ę	400	1 x 400 on 7:00 Individual Medley	EN1	S
	sets of 3				50 drill 50 swim		
	$1x\{2 \ x \ 250 \ on \ 4:00 \ Pulls$	EN1	E	2,000		EN1	S
	{2 x 250 on 3:45 Pulls	EN1	E	250	<u>-</u>	REC	D
	{2 x 250 on 3:30 Pulls	EN1	E	230	9:00 AM 6,030 Meters - Stress Value =		D
300	6 x 50 on 1:00 Descend in sets of 3 $2x\{2 \times 200 \text{ on } 3:30 \text{ Breaststroke} \}$	EN1	5			. 39	
	{3 x 100 on 1:50 Breaststroke	EN1	Š		Workout #1374 - Friday, 15 June 2001		
	{4 x 50 on 1:00 Breaststroke	EN1	٤		Group 3 - Silver		
200	1 x 200 on 3:00 Stroke Drills 7:30 PM 4,580 Yards - Stress Value = 43	REC 3	Ι		1 minute rest between sets		
					6:30 AM Start		
	Workout #1368 - Thursday, 14 June 2001			Meters	Set Description	EGY	WORK S
	Group 3 - Sprint			=====	=======================================	===	==== =
	1 minute rest between sets 6:30 AM Start			800 180 1,200		REC SP3 EN1	L I S (S (K (
Meters	Set Description	EGY	WOF	-,-00			
=====	=======================================					EN1	P
	1 on 30:00 Plyometrics/stretch					EN1	P
800	1 x 800 on 16:00 Swim-kick-pull-swin	n REC			•	EN1	P
180	12 x 15 on :30 Shooters	SP3				EN1	P
	1x{1 x 300 on 6:00 Kick	EN2			·	EN1	P
1,200	·				$\{4 \times 50 \text{ on } : 45 \text{ Pulls}$	EN1	P
	{2 x 150 on 3:10 Kick	EN2			{ no breathing 1st or		
	{3 x 100 on 2:10 Kick	EN2			{ last 15 meters		
	{6 x 50 on 1:10 Kick	EN2		400	1 x 400 on 7:00 Individual Medley	EN1	S
2,000	1x{2 x 400 on 6:30 Pulls	EN1			50 drill 50 swim	-	-
	{2 x 400 on 6:15 Pulls	EN1		1,800		EN1	S
	{1 x 400 on 6:00 Pulls	EN1		250		REC	D
400	2 x 200 on 3:30 Individual Medley	EN1		200	9:00 AM 5,830 Meters - Stress Value =		
180	12 x 15 on 2:00 Pit sprints w/ cords	s SP3			J. 00 im J, 000 recets Scress value -	5 /	
200	1 x 200 on 3:00 Stroke Drills	REC					
	9:00 AM 4,960 Meters - Stress Value = 7	70					
	,						

Workout #1376 - Friday, 15 June 2001 Group 3 - All 1 minute rest between sets 6:30 AM Start

Meters

Set Description

Workout #1375 - Friday, 15 June 2001 Group 3 - Bronze 1 minute rest between sets

	{ 2	х	200	on	3:30	Ιn	di	vidual	Medley	EN2	٤
200	4	х	50	on 1	1:15	Str	ok	e Drill	Ls	REC	Γ
	9:00	ΑN	15,	880	Mete	rs	-	Stress	Value =	92	

Workout #1377 - Saturday, 16 June 2001 Group 3 - Bronze 1 minute rest between sets

1100010	occ beccipeion			-	
		===	==== :	=	1 minute rest between sets
	1 on 30:00 Stomach and Stretch		L	-	
800	1 x 800 on 16:00 Choice	REC	S	-	6:30 AM Start
180	12 x 15 on :30 Shooters	SP3	S	Meters	
1,200	1 x 1200 on 28:00 Social kick	EN1		=====	=======================================
	$1x{4 x 50 on 1:10 Pulls}$	EN1	P		1 on 30:00 Plyometrics/stretch I
	{4 x 50 on 1:05 Pulls	EN1	P	800	1 x 800 on 15:00 Choice REC S
	{4 x 50 on 1:00 Pulls	EN1	P	180	12 x 15 on :30 Shooters SP3 S
	$\{4 \times 50 \text{ on } :55 \text{ Pulls}$	EN1	P		2x{1 x 100 on 2:30 Kick EN2 F
	$\{4 \times 50 \text{ on } :50 \text{ Pulls}$	EN1	P		{1 x 100 on 2:15 Kick EN2 F
	$\{4 \times 50 \text{ on } : 45 \text{ Pulls}$	EN1	P		{1 x 100 on 2:30 Kick EN2 F
	{ no breathing 1st or				{1 x 100 on 2:15 Kick EN2 F
	{ last 15 meters				{1 x 100 on 2:30 Kick EN2 F
400	1 x 400 on 7:00 Individual Medley	EN1	S		{1 x 100 on 2:15 Kick EN2 F
	50 drill 50 swim				1x{4 x 100 on 1:50 Lungbuster pulls EN1 F
1,600	16 x 100 on 1:50 Freestyle	EN1	S		{4 x 100 on 1:45 Lungbuster pulls EN1 F
250	1 x 250 on 4:00 Stroke Drills	REC	D		{1 x 100 on 1:40 Lungbuster pulls EN1 F
	9:00 AM 5,630 Meters - Stress Value	= 55		300	6 x 50 on 1:00 Descend in sets of 3 EN1 S
					1x{4 x 200 on 4:10 Individual Medley EN2 S
	Workout #1378 - Saturday, 16 June 2001				{3 x 200 on 4:00 Individual Medley EN2 S
	Group 3 - Gold				{2 x 200 on 3:50 Individual Medley EN2 S
	•			200	4 x 50 on 1:15 Stroke Drills REC I
	1 minute rest between sets				9:00 AM 5,380 Meters - Stress Value = 84

EGY WORK S

1 minute rest between sets

6:30 AM Start EGY WORF Meters Set Description

	-								
=====	==	===						===	====
	1	or	30:	:00	Plyor	metrics/stre	etch		I
800	1	Х	800	on	15:00) Choice		REC	٤
180	12	2 2	15	on	:30 \$	Shooters		SP3	٤
	2x{1	Х	100	on	2:20	Kick		EN2	F
	{ 1	Х	100	on	2:00	Kick		EN2	F
	{ 1	Х	100	on	2:20	Kick		EN2	F
	{ 1	Х	100	on	1:55	Kick		EN2	F
	{ 1	Х	100	on	2:20	Kick		EN2	F
	{ 1	Х	100	on	1:50	Kick		EN2	F
	1x{4	Х	100	on	1:30	Lungbuster	pulls	EN1	E
	{ 4	Х	100	on	1:25	Lungbuster	pulls	EN1	E
	{ 4	Х	100	on	1:20	Lungbuster	pulls	EN1	Ε
300	6	Х	50 0	on i	L:00 I	Descend in s	sets of 3	EN1	٤
	1x{5	Х	200	on	3:20	Individual	Medley	EN2	٤
	{ 4	Х	200	on	3:10	Individual	Medley	EN2	٤
	{ 3	Х	200	on	3:00	Individual	Medley	EN2	٤
200	4	Х	50 0	on i	1:15 \$	Stroke Drill	ls	REC	Ι
	9:00	ΑN	16,2	280	Mete	rs - Stress	Value = 1	100	

Workout #1379 - Saturday, 16 June 2001 Group 3 - Silver 1 minute rest between sets

	6:30 AI	M Star	t			
Meters	Set	Descri	otion		EGY	WORF
=====	===:				= ===	====
	1 0	n 30:00	Plyor	metrics/stretch		I
800	1 x	800 on	15:00	O Choice	REC	٤
180	12 :	x 15 on	:30	Shooters	SP3	٤
	2x{1 x	100 on	2:20	Kick	EN2	F
	{1 x	100 on	2:00	Kick	EN2	F
	{1 x	100 on	2:20	Kick	EN2	ľ
	{1 x	100 on	1:55	Kick	EN2	ľ
	{1 x	100 on	2:20	Kick	EN2	ľ
	{1 x	100 on	1:50	Kick	EN2	ľ
	1x{4 x	100 on	1:40	Lungbuster pulls	EN1	E
	{4 x	100 on	1:35	Lungbuster pulls	EN1	E
	{4 x	100 on	1:30	Lungbuster pulls	EN1	E
300	6 x	50 on	1:00 1	Descend in sets of	3 EN1	٤
	1x{4 x	200 on	3:50	Individual Medley	EN2	٤
	{4 x	200 on	3:40	Individual Medley	EN2	٤

Workout #1383 - Monday, 18 June 2001 Group 3 - All 1 minute rest between sets

	5:30				-						
Yards	Se	et	Desc	crip	otion					EGY	WOF
	==		====	-==					=====	===	===
	1	on	30:	:00	Stoma	ach ar	nd St	tretch			
600	6	Х	100	on	2:00	Strol	ke Di	cills		REC	
180	12	2 x	15	on	:45	Shoote	ers-(OTB		SP3	
	1x{1	Х	400	on	10:00	MI C	kick	w/out	a brd	EN2	
	{ 1	Х	100	on	3:00	Kick	for	time		EN3	
	{ 1	Х	100	on	3:00	Kick	for	time		EN3	
	{ 1	Х	100	on	3:00	Kick	for	time		EN3	
	1x{1	Х	100	on	1:45	Frees	style	9		EN1	
	{ 3	Х	50 0	on 1	L:00 1	Backst	troke	9		EN1	
	{ 1	Х	100	on	1:30	Frees	style	9		EN1	
	5x{1	Х	200	on	:00 1	Broke	n IM	's		SP2	
	{1	Х	100	on	8:00	Strol	ke Di	cills		REC	
200	1	Х	200	on	3:00	Strol	ke Di	cills		REC	
	7:35	PM	3,5	530	Yard	s - S1	tress	s Value	e = 13'	7	

Workout #1381 - Monday, 18 June 2001 Group 3 - Gold 1 minute rest between sets

Workout #1387 - Tuesday, 19 June 2001 Group 3 - Breast 1 minute rest between sets

Meters	6:30 AM Start Set Description	EGY	Yards	6:30 AM Start Set Description EGY WORF
800 180	<pre>1 on 30:00 Stomach and Stretch 1 x 800 on 16:00 Swim-kick-pull-swim 12 x 15 on :30 Shooters 1x{6 x 50 on 1:15 Kick {6 x 50 on 1:10 Kick {6 x 50 on 1:05 Kick</pre>	REC SP3 EN2 EN2 EN2	800 180	1 on 30:00 Plyometrics/stretch I 1 x 800 on 16:00 Choice REC S 12 x 15 on :30 Shooters SP3 S 2x{1 x 200 on 4:00 Kick EN2 F {1 x 150 on 3:15 Kick EN2 F {1 x 100 on 2:20 Kick EN2 F
400	1x{3 x 300 on 4:00 Freestyle {3 x 300 on 3:50 Freestyle {3 x 300 on 3:40 Freestyle			{1 x 50 on 1:15 Kick EN2 F 1x{2 x 100 on 1:40 Pulls EN1 E {4 x 50 on 1:00 Pulls-nbbf&w EN1 E {2 x 100 on 1:35 Pulls EN1 E {4 x 50 on 1:00 Pulls-nbbf&w EN1 E {2 x 100 on 1:30 Pulls EN1 E {4 x 50 on 1:00 Pulls-nbbf&w EN1 E {4 x 50 on 1:00 Pulls-nbbf&w EN1 E {4 x 50 on 1:45 Freestyle EN1 E {1 x 50 on :50 Your Stroke/no free EN1 E
200	9:00 AM 6,680 Meters - Stress Value = 11 Workout #1382 - Monday, 18 June 2001 Group 3 - Silver 1 minute rest between sets		1,800	2x{1 x 100 on 2:00 Breaststroke
Meters	6:30 AM Start Set Description	EGY	400	{1 x 250 on 4:20 Breaststroke EN1 \S {1 x 50 on 1:00 Breaststroke all out EN3 \S 4 x 100 on 2:15 Stroke Drills REC \S 9:01 AM 5,680 Yards - Stress Value = 82
800 180	<pre>1 on 30:00 Stomach and Stretch 1 x 800 on 16:00 Swim-kick-pull-swim 12 x 15 on :30 Shooters 1x{6 x 50 on 1:15 Kick {6 x 50 on 1:10 Kick {6 x 50 on 1:05 Kick</pre>	REC SP3 EN2 EN2 EN2		Workout #1384 - Tuesday, 19 June 2001 Group 3 - Distance 1 minute rest between sets
400	{6 x 50 on 1:00 Kick 1x{4 x 150 on 2:15 Pulls mid 50 br ev 7 {4 x 100 on 1:30 Pulls last 50 br ev8 {4 x 50 on :45 Pulls br ev 9 2 x 200 on 3:30 Individual Medley 1x{3 x 300 on 4:30 Freestyle {3 x 300 on 4:20 Freestyle {2 x 300 on 4:10 Freestyle 1 x 200 on 5:00 Stroke Drills 9:00 AM 6,380 Meters - Stress Value = 10	EN2 EN1 EN1 EN1 EN2 EN2 EN2 EN2 REC	Yards ====== 800 180 1,000	6:30 AM Start Set Description
	Workout #1380 - Monday, 18 June 2001 Group 3 - Bronze 1 minute rest between sets		1,200	1x{2 x 100 on 1:40 Pulls EN1 P {4 x 50 on 1:00 Pulls-nbbf&w EN1 P {2 x 100 on 1:35 Pulls EN1 P {4 x 50 on 1:00 Pulls-nbbf&w EN1 P {2 x 100 on 1:30 Pulls EN1 P {4 x 50 on 1:00 Pulls-nbbf&w EN1 P
Meters	6:30 AM Start		 300	2x{1 x 100 on 1:45 Freestyle EN1 S
800 180	Set Description ====================================		2,250	{1 x 50 on :50 Your Stroke/no free EN1 S } 3x{1 x 250 on 3:45 Freestyle EN1 S } {1 x 250 on 3:00 Freestyle EN3 S } {1 x 250 on 5:15 Freestyle REC S 3 x 100 on 2:00 Stroke Drills REC D } 9:00 AM 6,030 Yards - Stress Value = 95

EN1

EN1

EN1

EN1

EN1

EN1

EN3

EN1

EN3

EN1

EN3

REC

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Workout #1386 - Tuesday, 19 June 2001 Group 3 - Fly & Back 1 minute rest between sets

	6:30 AM Start		
Yards	Set Description	EGY	WOF
	1 22 22 73	===	===
0.00	1 on 30:00 Plyometrics/stretch		
800		REC	
	12 x 15 on :30 Shooters	SP3	
1,000	2x{1 x 200 on 4:00 Kick	EN2	
	{1 x 150 on 3:15 Kick	EN2	
	{1 x 100 on 2:20 Kick	EN2	
	{1 x 50 on 1:15 Kick	EN2	
1,200	1x{2 x 100 on 1:40 Pulls	EN1	
	$\{4 \times 50 \text{ on } 1:00 \text{ Pulls-nbbf&w}$	EN1	
	{2 x 100 on 1:35 Pulls	EN1	
	$\{4 \times 50 \text{ on } 1:00 \text{ Pulls-nbbf&w}$	EN1	
	{2 x 100 on 1:30 Pulls	EN1	
	$\{4 \times 50 \text{ on } 1:00 \text{ Pulls-nbbf&w}$	EN1	
300	2x{1 x 100 on 1:45 Freestyle	EN1	
	{1 x 50 on :50 Your Stroke/no free	EN1	
1,500	1x{3 x 100 on 2:00 Your Stroke	EN1	
	{1 x 200 on 4:00 50 dr 100 fast 50 dr	EN2	
	{3 x 100 on 1:50 Your Stroke	EN1	
	{1 x 200 on 4:00 50 dr 100 fast 50 dr	EN2	
	{3 x 100 on 1:40 Your Stroke	EN1	
	{1 x 200 on 4:00 50 dr 100 fast 50 dr	EN2	
450	9 x 50 on :55 Descend in sets of 3	EN2	
200	1 x 200 on 3:00 Stroke Drills		
	9:00 AM 5,630 Yards - Stress Value = 72		

Workout #1389 - Wednesday, 20 June 2001 Group 3 - All 1 minute rest between sets

 $1,200 \ 1x\{2 \ x \ 100 \ on \ 1:40 \ Pulls$

 $\{4 \times 50 \text{ on } 1:00 \text{ Pulls-nbbf&w}$

 $\{4 \times 50 \text{ on } 1:00 \text{ Pulls-nbbf&w} \\ \{2 \times 100 \text{ on } 1:30 \text{ Pulls} \}$

{4 x 50 on 1:00 Pulls-nbbf&w

 ${3 \times 50 \text{ on } 1:00 \text{ Freestyle}}$

 ${3 \times 50 \text{ on } 1:00 \text{ Freestyle}}$

 8×15 on 1:30 Pit sprints

1 x 200 on 3:00 Stroke Drills

{1 x 50 on :50 Your Stroke/no free

{1 x 100 on 2:00 Freestyle all out

{1 x 100 on 1:45 Freestyle all out]

{1 x 100 on 1:30 Freestyle all out

9:00 AM 5,150 Yards - Stress Value = 90

{2 x 100 on 1:35 Pulls

 $150 \ 1x\{1 \ x \ 100 \ on \ 1:45 \ Freestyle$

 $1,500 \ 2x{3} \ x \ 50 \ on \ 1:00 \ Freestyle$

120

200

	6:30 AM Start			
Yards	Set Description	EGY	WORK	
		===	====	=
	1 on 30:00 Stomach and Stretch		L	Ι
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	S	
300	6 x 50 on 1:00 Descend in sets of 3	EN1	S	
3,000	1 x 3000 on 30:00 T-30	EN2	S	
200	1 x 200 on 5:00 Stroke Drills	REC	D	
	8:00 AM 4,300 Yards - Stress Value =	63		

Workout #1388 - Tuesday, 19 June 2001 Group 3 - All 1 minute rest between sets

Workout #1391 - Thursday, 21 June 2001 Group 3 - Breast 1 minute rest between sets

Meters	5:30 PM Start Set Description	EGY WOF	6:30 AM Start Yards Set Description	EGY WOF
600 180	<pre>1 on 30:00 Stomach and Stretch 12 x 50 on 1:00 Stroke Drills 12 x 15 on :45 Shooters sets of 3 1x{1 x 400 on 6:30 Pulls {4 x 100 on 1:40 Lungbuster pulls 3x{1 x 50 on 1:00 Freestyle {1 x 50 on :55 Freestyle {1 x 50 on :55 Freestyle {1 x 50 on :45 Freestyle {1 x 50 on :45 Freestyle {1 x 50 on :50 Backstroke {3 x 100 on 1:50 Backstroke {4 x 50 on :55 Backstroke {1 x 200 on 3:30 Freestyle {1 x 200 on 3:50 100 fr 100 back fast {1 x 200 on 3:40 50 fr 150 back fast {1 x 200 on 3:30 Backstroke fast }</pre>	REC SP3 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 EN1 REC EN2 EN2 EN2 EN2 EN2	1 on 30:00 Plyometrics/stretch 800 1 x 800 on 15:00 Swim-kick-pull-swim 180 12 x 15 on :30 Shooters 1,200 1x{3 x 200 on 4:30 Kick {2 x 200 on 4:15 Kick {1 x 200 on 4:00 Kick 1,500 1x{2 x 250 on 3:45 Pulls {2 x 250 on 3:25 Pulls {2 x 250 on 3:25 Pulls {0 6 x 100 on 1:45 Descend in sets of 3 1,200 1x{6 x 50 on 1:15 Breaststroke {4 x 50 on 1:10 Breaststroke {4 x 50 on 1:05 Breaststroke {3 x 50 on 1:00 Breaststroke {1 x 50 on 5:5 Breaststroke {1 x 50 on 2:00 Freestyle {1 x 100 on 3:00 Breast for time {200 1 x 200 on 5:00 Stroke Drills {200 AM 5,680 Yards - Stress Value = 68	SP3 EN2 EN2 EN2 EN1 EN1

Workout #1385 - Tuesday, 19 June 2001 Group 3 - Sprint 1 minute rest between sets

6:30 AM Start

	0.00 111 00010		
Yards	Set Description	EGY	WORK
=====	=======================================	===	====
	1 on 30:00 Plyometrics/stretch		L
800	1 x 800 on 16:00 Choice	REC	S
180	12 x 15 on :30 Shooters	SP3	S
1,000	2x{1 x 200 on 4:00 Kick	EN2	K
	{1 x 150 on 3:15 Kick	EN2	K
	{1 x 100 on 2:20 Kick	EN2	K
	{1 x 50 on 1:15 Kick	EN2	K

	•					C
	Workout #1390 - Thursday, 21 June 2001			Meters	Set Description	EGY W
	Group 3 - Backstroke 1 minute rest between sets			1,000	1 on 30:00 Stomach and Stretch 1 x 1000 on 18:00 Choice-max of 200kck	
	6:30 AM Start			180	12 x 15 on :30 Shooters	SP3
Yards		EGY	WOF		3x{2 x 100 on 2:15 Kick {1 x 200 on 2:00 Kick	EN2 EN2
			===		1x{1 x 500 on 7:30 Pulls	EN1
0.00	1 on 30:00 Plyometrics/stretch	DEC			{1 x 400 on 6:20 Pulls	EN1
800 180	-	SP3			{1 x 300 on 5:00 Pulls	EN1
	1x{3 x 200 on 4:30 Kick	EN2			{1 x 200 on 3:30 Pulls	EN1
,	{2 x 200 on 4:15 Kick	EN2			{1 x 100 on 1:30 Pulls 3x{2 x 50 on 1:00 Freestyle	EN1 EN1
	{1 x 200 on 4:00 Kick	EN2			{1 x 200 on 3:30 Individual Medley	EN1
1,500	1x{2 x 250 on 3:45 Pulls	EN1			1x{2 x 150 on 2:45 100 fly 50 back	EN1
	$\{2 \times 250 \text{ on } 3:35 \text{ Pulls} $ $\{2 \times 250 \text{ on } 3:25 \text{ Pulls} \}$	EN1 EN1			{2 x 150 on 2:45 100 back 50 breast	EN1
600					{2 x 150 on 2:45 100 breast 50 free {2 x 150 on 2:45 100 free 50 fly	EN1 EN1
1,600	$1x{1 x 400 on 7:00 Backstroke}$	EN1		300	-	REC
	{4 x 100 on 1:45 Backstroke-descend	EN1		000	8:59 AM 6,280 Meters - Stress Value = 72	1120
	{8 x 50 on 1:00 Backstroke 90%	EN2				
200	$\{8 \times 50 \text{ on } 1:00 \text{ IM order} \\ 1 \times 200 \text{ on } 4:00 \text{ Stroke Drills}$	EN1 REC			Workout #1395 - Monday, 25 June 2001	
200	9:00 AM 6,080 Yards - Stress Value = 72	тшо			Group 3 - All	
					1 minute rest between sets	
	Workout #1393 - Thursday, 21 June 2001				E.30 DM Chart	
	Group 3 - All			Meters	5:30 PM Start Set Description E	GY WOF
	1 minute rest between sets			=====	=======================================	
	5:30 PM Start				1 on 30:00 Stomach and Stretch	
Meters		EGY	WOF	600 180		REC SP3
=====		===	===	100	4x{1 x 100 on 2:15 Kick hold under 2:00 E	
600	1 on 28:00 Stomach and Stretch					IN2
600 180		REC SP3			`	IN1
100	5x{1 x 100 on 1:30 Pulls	EN1				IN1
	{2 x 50 on 1:45 Pulls	EN1				IN1 IN1
	$1x{1 x 200 on 3:30 Individual Medley}$	EN1			-	N1
	{1 x 200 on 3:15 Individual Medley	EN1				N1
	$\{1 \times 200 \text{ on } 3:00 \text{ Individual Medley} \\ 4x\{1 \times 100 \text{ on } 2:00 \text{ Breast w/ free kick} \}$	EN1 EN1			`	N1
	{1 x 100 on 1:55 Breast w/fly kick	EN1			· -	IN3 SP2
	{1 x 100 on 1:50 Breast 2 kick 1 pull	EN1				REC
	{1 x 50 on 2:00 Breast OTB for time	EN3		400	•	
200	1 x 200 on 3:00 Stroke Drills 7:30 PM 3,980 Meters - Stress Value = 5	REC			LUDICROUS SPEED	
	7.30 FM 3,900 Meters - Stress value - 3	1		300		REC
	Workout #1392 - Thursday, 21 June 2001				7:29 PM 3,880 Meters - Stress Value = 111	
	Group 3 - Freestylers				Workout #1396 - Monday, 25 June 2001	
	1 minute rest between sets				Group 3 - All	
	6.22.34				1 minute rest between sets	
Yards	6:30 AM Start Set Description	EGY	MOE			
=====				M-+	6:30 PM Start	ICV MOT
	1 on 30:00 Plyometrics/stretch			Meters	Set Description E	GY WOF
800	-				1 on 30:00 Stomach and Stretch	
180		SP3		800	1 x 800 on 16:00 Swim-kick-pull-swim R	EC
	1x{3 x 200 on 4:30 Kick {2 x 200 on 4:15 Kick	EN2 EN2		180		P3
	{1 x 200 on 4:00 Kick	EN2			•	IN1
	1x{2 x 250 on 3:45 Pulls	EN1				IN1 IN1
	{2 x 250 on 3:35 Pulls	EN1				IN1
600	{2 x 250 on 3:25 Pulls	EN1				EN1
600 1,500		EN1			•	N1
200	-	REC				IN1 IN1
	9:00 AM 5,980 Yards - Stress Value = 14				-	INI INI
				1,000		IN1
	Workout #1394 - Friday, 22 June 2001			200		REC
	Group 3 - All				9:00 PM 5,480 Meters - Stress Value = 54	

Group 3 - All
1 minute rest between sets

6:30 AM Start

Workout #1400 - Tuesday, 26 June 2001 Group 3 - Breast

	1 minute	rest between sets	
AM	Start		

	6:30 AM Start		
Meters	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Plyometrics/stretch		
800	1 x 800 on 16:00 Choice	REC	
180	12 x 15 on :30 Shooters	SP3	
1,000	1x{7 x 50 on 1:10 Kick	EN2	
	{7 x 50 on 1:05 Kick	EN2	
	{6 x 50 on 1:00 Kick	EN2	
1,200	1x{3 x 200 on 3:20 Pulls-nbbf&w	EN1	
	{2 x 200 on 3:10 Pulls-nbbf&w	EN1	
	{1 x 200 on 3:00 Pulls-nbbf&w	EN1	
300	3 x 100 on 1:40 Freestyle	EN1	
1,200	$1x{1 x 200 on 4:00 Breaststroke}$	EN1	
	{1 x 200 on 3:55 Breast last 50 fast	EN2	
	{1 x 200 on 3:50 Breast last 100 fast	EN2	
	{1 x 200 on 3:45 Breast last 150 fast	EN3	
	{2 x 200 on 3:40 Breast all fast	EN3	
500	10 x 50 on 1:15 Breaststroke 100%	EN3	
400	4 x 100 on 1:45 Stroke Drills	REC	
	8:59 AM 5,580 Meters - Stress Value = 12	9	

Workout #1397 - Tuesday, 26 June 2001 Group 3 - Distance 1 minute rest between sets

Meters	Se	et Description	EGY	WORK	STK
=====	==		===	====	===
	1	on 30:00 Plyometrics/stretch		L	DRY
800	1	x 800 on 16:00 Choice	REC	S	CHO
180	12	2 x 15 on :30 Shooters	SP3	S	BR
1,000	1x{7	x 50 on 1:10 Kick	EN2	K	CHO
	{ 7	x 50 on 1:05 Kick	EN2	K	CHO
	{ 6	x 50 on 1:00 Kick	EN2	K	CHO
1,200	1x{3	x 200 on 3:20 Pulls-nbbf&w	EN1	P	FR
	{ 2	x 200 on 3:10 Pulls-nbbf&w	EN1	P	FR
	{ 1	x 200 on 3:00 Pulls-nbbf&w	EN1	P	FR
300	3	x 100 on 1:40 Freestyle	EN1	S	FR
2,400	3x{1	x 400 on 6:00 Freestyle	EN1	S	FR
	{ 1	x 100 on 1:30 Freestyle	EN2	S	FR
	{ 1	x 100 on 1:25 Freestyle	EN2	S	FR
	{ 1	x 100 on 1:20 Freestyle	EN2	S	FR
	{ 1	x 100 on 1:15 Freestyle	EN2	S	FR
	{ 1	on 1:00 Rest		M	
400	4	x 100 on 1:45 Stroke Drills	REC	D	CD
	9:00	AM 6,280 Meters - Stress Valu	ie =	88	

Workout #1399 - Tuesday, 26 June 2001 Group 3 - Fly & Back 1 minute rest between sets

	6:30										
Meters	Se	et	Desc	crip	otion			EGY	WORK	STF	
=====	==	===					-=======	===	====	===	
	1	or	n 30:	:00	Plyor	metrio	cs/stretch		L	DRY	
800	1	Х	800	on	16:00) Choi	ice	REC	S	CHC	
180	12	2 2	k 15	on	:30 \$	Shoote	ers	SP3	S	BF	
1,000	1x{7	Х	50 0	on 1	L:10 E	Kick		EN2	K	CHC	
	{ 7	Х	50 0	on 1	L:05 I	Kick		EN2	K	CHC	
	{ 6	Х	50 0	on 1	L:00 I	Kick		EN2	K	CHC	
1,200	1x{3	Х	200	on	3:20	Pulls	s-nbbf&w	EN1	P	FF	
	{ 2	Х	200	on	3:10	Pulls	s-nbbf&w	EN1	P	FF	
	{ 1	Х	200	on	3:00	Pulls	s-nbbf&w	EN1	P	FF	
300	3	Х	100	on	1:40	Frees	style	EN1	S	FF	
1,800	1x{1	Х	400	on	7:00	Your	Stroke	EN2	S	STF	
	{ 4	Х	100	on	1:45	Your	Stroke	EN2	S	STF	
	{ 1	Х	300	on	5:00	Your	Stroke	EN2	S	STF	
	{ 3	Х	100	on	1:40	Your	Stroke	EN2	S	FF	

	{ 1	Х	200	on	3:10	Your	Strok	9	EN2	S	STF
	{ 2	Х	100	on	1:35	Your	Strok	e	EN2	S	STF
300	6	Х	50	on 1	L:00 1	Your	Stroke	100%	EN3	S	STF
400	4	Х	100	on	1:45	Stro	ke Dri	lls	REC	D	CI
	9.00	ΔN	л 5	980	Mete	rs –	Stress	Val114	= 107		

Workout #1401 - Tuesday, 26 June 2001 Group 3 - All 1 minute rest between sets

5:30	PM	Start	

	5.50 In Start		
Meters	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 29:00 Stomach and Stretch		
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	2x{1 x 100 on 1:45 Pulls	EN1	
	$\{1 \times 50 \text{ on } 1:00 \text{ Pulls 5 brths}$	EN1	
	{1 x 100 on 1:40 Pulls	EN1	
	$\{1 \times 50 \text{ on } 1:00 \text{ Pulls } 4 \text{ brths}$	EN1	
	{1 x 100 on 1:35 Pulls	EN1	
	$\{1 \times 50 \text{ on } 1:00 \text{ Pulls } 3 \text{ brths}$	EN1	
	1x{1 x 200 on 3:30 Reverse IM drill	EN1	
	{2 x 100 on 1:45 Frees last 50 fast	EN1	
	3x{1 x 200 on 3:30 Backstroke	EN1	
	{4 x 50 on 1:00 Backstroke descend	EN1	
400	8 x 50 on 2:00 Backstroke OTB	EN3	
	15 meters under H2O		
300	1 x 300 on 5:00 Stroke Drills	REC	
	7:30 PM 3,980 Meters - Stress Value = 63	L	

Workout #1398 - Tuesday, 26 June 2001 Group 3 - Sprint 1 minute rest between sets

	6:30 AM Start			
Meters	Set Description	EGY	WORK	Sī
=====	=======================================	===	====	==
	1 on 30:00 Plyometrics/stretch		L	DF
800	1 x 800 on 16:00 Choice	REC	S	CF
180	12 x 15 on :30 Shooters	SP3	S	Ε
1,000	1x{7 x 50 on 1:10 Kick	EN2	K	CF
	{7 x 50 on 1:05 Kick	EN2	K	CF
	{6 x 50 on 1:00 Kick	EN2	K	CF
1,200	$1x{3 x 200 on 3:20 Pulls-nbbf&w}$	EN1	P	F
	$\{2 \times 200 \text{ on } 3:10 \text{ Pulls-nbbf&w}$	EN1	P	F
	{1 x 200 on 3:00 Pulls-nbbf&w	EN1	P	F
300	3 x 100 on 1:40 Freestyle	EN1	S	F
1,000	$1x{3 x 50 on 1:00 Freestyle descend}$	EN2	S	F
	{1 x 100 on 2:00 Freestyle 85%	EN2	S	F
	${3 \times 50 \text{ on :} 55 \text{ Freestyle descend}}$	EN2	S	F
	{1 x 100 on 2:00 Freestyle 90%	EN2	S	F
	${3 \times 50 \text{ on } :}50 \text{ Freestyle descend}$	EN2	S	F
	{1 x 100 on 2:00 Freestyle 95%	EN2	S	F
	${3 \times 50 \text{ on :} 45 \text{ Freestyle descend}}$	EN2	S	F
	{1 x 100 on 2:00 Freestyle 100%	EN2	S	F
180	12 x 15 on 1:30 Pit sprints	SP3	S	F
400	4×100 on 1:45 Stroke Drills	REC	D	C
	9:00 AM 5,060 Meters - Stress Value	= 75	5	

6:30 AM Start

Workout #1403 - Thursday, 28 June 2001 Group 3 - Distance 1 minute rest between sets

	6:30 AM Start		
Meters	Set Description	EGY	WOF
	=======================================	===	===
	1 on 30:00 Plyometrics/stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,200	1x{2 x 100 on 2:20 Kick	EN2	
	{2 x 50 on 1:00 Kick	EN2	
	{2 x 100 on 2:15 Kick	EN2	
	{2 x 50 on 1:05 Kick	EN2	
	{2 x 100 on 2:10 Kick	EN2	
	{2 x 50 on 1:10 Kick	EN2	
	{2 x 100 on 2:05 Kick	EN2	
	{2 x 50 on 1:15 Kick	EN2	
1,600	4 x 400 on 5:30 Pulls	EN1	
300	6 x 50 on 1:00 Freestyle build	EN1	
2,000	1x{3 x 500 on 7:00 Freestyle-descend	EN2	
	{1 on 1:00 Rest		
	{1 x 500 on 6:00 Freestyle	EN3	
300	6 x 50 on 1:15 Stroke Drills	REC	
	8:59 AM 6,380 Meters - Stress Value = 11	. 9	

Workout #1402 - Thursday, 28 June 2001 Group 3 - IM/Stroke 1 minute rest between sets

Meters	Se	et Description	EGY	WOF
=====	==		===	===
	1	on 30:00 Plyometrics/stretch		
800	1	x 800 on 16:00 Swim-kick-pull-swim	REC	
180	12	2 x 15 on :30 Shooters	SP3	
1,200	1x{2	x 100 on 2:20 Kick	EN2	
	{ 2	x 50 on 1:00 Kick	EN2	
	{ 2	x 100 on 2:15 Kick	EN2	
	{ 2	x 50 on 1:05 Kick	EN2	
	{ 2	x 100 on 2:10 Kick	EN2	
	{ 2	x 50 on 1:10 Kick	EN2	
	{ 2	x 100 on 2:05 Kick	EN2	
	{ 2	x 50 on 1:15 Kick	EN2	
1,600	4	x 400 on 5:30 Pulls	EN1	
300	6	x 50 on 1:00 Freestyle build	EN1	
1,800	1x{6	x 100 on 1:45 Your Stroke	EN2	
	{ 5	x 100 on 1:40 Your Stroke	EN2	
	{ 4	x 100 on 1:35 Your Stroke	EN2	
	{ 3	x 100 on 1:30 Your Stroke	EN2	
300	6	x 50 on 1:15 Stroke Drills	REC	
	9:01	AM 6,180 Meters - Stress Value = 93	3	

Workout #1405 - Thursday, 28 June 2001 Group 3 - All 1 minute rest between sets

	5:30 PM Start		
Meters	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
600	6 x 100 on 2:00 Stroke Drills	REC	
180	12 x 15 on :30 Shooters	SP3	
	$1x{3 x 150 on 2:30 Pulls mid 50 br ev 7}$	EN1	
	{3 x 150 on 2:30 Pulls mid 50 br ev 8	EN1	
	{2 x 150 on 2:30 Pulls mid 50 br ev 9	EN1	
	$1x\{1 \times 50 \text{ on } 1:00 \text{ Breaststroke}$	EN1	
	$\{2 \times 50 \text{ on } 1:00 \text{ Butterfly} \}$	EN1	
	{3 x 50 on 1:00 Backstroke	EN1	
	$\{4 \times 50 \text{ on } 1:00 \text{ Freestyle}$	EN1	
	1x{1 x 200 on 4:30 Breaststroke	EN1	
	{2 x 100 on 2:10 Breaststroke	EN1	
	{4 x 50 on 2:00 Breaststroke OTB	EN3	
	•		

	{ 1	x 200 on 4:20 Breaststroke	EN1
	{ 2	x 100 on 2:05 Breaststroke	EN1
	{ 4	x 50 on 2:00 Breaststroke OTB	EN3
200	1	x 200 on 3:00 Stroke Drills	REC
	7:30	PM 3.880 Meters - Stress Value =	58

Workout #1404 - Thursday, 28 June 2001 Group 3 - Sprint 1 minute rest between sets

	6:30	AM Start		
Meters	Se	et Description	EGY	WOF
	==		===	===
	1	on 30:00 Plyometrics/stretch		
800	1	x 800 on 16:00 Swim-kick-pull-swim	REC	
180	12	2 x 15 on :30 Shooters	SP3	
1,200	1x{2	x 100 on 2:20 Kick	EN2	
	{ 2	x 50 on 1:00 Kick	EN2	
	{ 2	x 100 on 2:15 Kick	EN2	
	{ 2	x 50 on 1:05 Kick	EN2	
	{ 2	x 100 on 2:10 Kick	EN2	
	{ 2	x 50 on 1:10 Kick	EN2	
	{ 2	x 100 on 2:05 Kick	EN2	
	{ 2	x 50 on 1:15 Kick	EN2	
1,600	4	x 400 on 5:30 Pulls	EN1	
300	6	x 50 on 1:00 Freestyle build	EN1	
1,600	2x{1	x 200 on 3:30 Free last 50 100%	EN2	
	{ 1	x 200 on 3:30 Free last 100-100%	EN2	
	{ 1	x 200 on 3:30 Free last 150-100%	EN2	
	{ 1	x 200 on 3:30 Freestyle-100%	EN2	
300	6	x 50 on 1:15 Stroke Drills	REC	
	8:59	AM $5,980$ Meters - Stress Value = 89	9	

Workout #1407 - Friday, 29 June 2001 Group 3 - All 1 minute rest between sets

	5:30 PM Start		
Meters	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 30:00 Stomach and Stretch		I
600	1 x 600 on 12:00 Choice	REC	٤
180	12 x 15 on :30 Shooters	SP3	٤
	$1x{4 \times 100}$ on 2:30 Kick w/ out board	EN2	F
	$\{4 \times 50 \text{ on } 1:15 \text{ Kick w/out board}\}$	EN2	F
	1 on 15:00 Techniques-relay srt		Γ
600	6 x 100 on 3:00 Butterfly 15m under	EN1	٤
	water on start/turn		
300	1 x 300 on 5:00 Stroke Drills	REC	Γ
	7:15 PM 2.280 Meters - Stress Value = 2	2.8	

Workout #1406 - Friday, 29 June 2001 Group 3 - Gold

1 minute rest between sets

7:29 PM 3,180 Meters - Stress Value = 51

Workout #1409 - Monday, 02 July 2001 Group 3 - Gold

1 minute rest between sets

					Group C Gora	
	6:30 AM Start				1 minute rest between sets	
Meters	Set Description	EGY	WORK S			
=====	=======================================	===	==== =		6:30 AM Start	
	1 on 30:00 Stomach and Stretch		LI	Meters		EGY WOF
800	1 x 800 on 16:00 Choice	REC	S (======	=======================================	=== ===
180	12 x 15 on :30 Shooters	SP3	S (1 on 28:00 Stomach and Stretch	
900	18 x 50 on 1:10 Kick des in 3's	EN2	K (800		REC
	$1x\{8 \times 50 \text{ on } 1:00 \text{ Pulls-nbbf&w}$	EN1	P	180	<u>-</u>	SP3
	${7 \times 50 \text{ on :} 55 \text{ Pulls-nbbf&w}}$	EN1	P	800	8 x 100 on 2:20 Kick odds fast	EN2
	${7 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w}}$	EN1	P		1x{2 x 200 on 3:20 Pulls	EN1
600	3 x 200 on 3:30 Individual Medley	EN1	S		{2 x 200 on 3:10 Pulls	EN1
	$1x{6 x 100 on 1:15 Freestyle}$	EN2	S	200		EN1
	{1 on 1:00 Rest		M		$1x\{1 \times 500 \text{ on } 7:30 \text{ Freestyle}$	EN1
	$\{5 \times 100 \text{ on } 1:15 \text{ Freestyle}$	EN2	S		{2 x 400 on 6:00 Freestyle	EN1
	{1 on 1:00 Rest		M		{3 x 300 on 4:30 Freestyle	EN1
	$\{4 \times 100 \text{ on } 1:15 \text{ Freestyle}$	EN2	S		{4 x 200 on 3:00 Freestyle	EN1
	{1 on 1:00 Rest		M		{5 x 100 on 1:30 Freestyle	EN1
	${3 \times 100 \text{ on } 1:15 \text{ Freestyle}}$	EN2	S	200	1 x 200 on 4:00 Stroke Drills	REC
	{1 on 1:00 Rest		M		9:00 AM 6,480 Meters - Stress Value = 7	6
	$\{2 \times 100 \text{ on } 1:15 \text{ Freestyle}$	EN2	S			
	{1 on 1:00 Rest		M		Workout #1410 - Monday, 02 July 2001	
	$\{1 \times 100 \text{ on } 1:15 \text{ Freestyle} \}$	EN2	S		•	
400	1 x 400 on 7:00 Stroke Drills	REC	D		Group 3 - Silver	
	9:00 AM 6,080 Meters - Stress Value	= 93			1 minute rest between sets	
	Worksout #1400 Catuaday 20 June 2001				6:30 AM Start	

Work	out 7	#14	08 -	Satur	day,	30 June	2001		
Group 3 - All									
				4.1	,				

1 minute rest between sets

Meters	6:30 PM Start Set Description	EGY	WOF
	1 on 30:00 Plyometrics/stretch		
850	1 x 850 on 17:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Sculling drills		
0.40	1 on 10:00 Vertical Kicking	~=~	
240	12 x 20 on :45 Pit sprints	SP3	
	1 on 10:00 Techniques-Tennesse		
	turn drills		
	$4x{5 x 50 on 1:15 Stroke Drills}$	REC	
	{1 x 200 on 4:00 Individual Medley	EN1	
	1 on 15:00 Choice of game		
200	1 x 200 on 5:00 Stroke Drills	REC	
	9:00 PM 3,090 Meters - Stress Value = 20)	

Workout #1412 - Monday, 02 July 2001 Group 3 - All

1 minute rest between sets

Meters	5:30 PM Start Set Description	EGY	WORK	٤
=====		===	====	=
	1 on 30:00 Stomach and Stretch		L	_
600	1 x 600 on 12:00 Choice	REC	S	C
	1 on 15:00 Techniques-Stanford		D	
	turn drills			
180	12 x 15 on :30 Shooters OTB	SP3	S	E
	1x{1 x 100 on 2:30 Kick	EN2	K	(
	{1 x 100 on 2:25 Kick	EN2	K	(
	{1 x 100 on 2:20 Kick	EN2	K	(
	{1 x 100 on 2:15 Kick	EN2	K	(
	{1 x 100 on 2:10 Kick	EN2	K	(
	{1 x 100 on 2:05 Kick	EN2	K	C
	{1 x 100 on 2:00 Kick	EN2	K	Ċ
	{ HOLD ALL UNDER 2:00			
300	3 x 100 on 1:30 Free LAST 50 FAST	EN1	S	
500	4x{1 x 100 on 1:45 Stroke	EN1		c
	$\{1 \times 50 \text{ on } 2:00 \text{ Stroke for time}\}$			
	•		D	7
	{1 x 200 on 4:00 Individual Medley	KEC	D	

6:30 AM Start

6:30 AM Start

200

Meters	Se	et	Des	crip	ption		EGY	WOF
=====	==	===	-===	====			===	===
	1	or	n 28	:00	Stom	ach and Stretch		
800	1	Х	800	on	16:0	O Swim-kick-pull-swim	REC	
180	1:	2 2	k 15	on	:30	Shooters	SP3	
800	8	Х	100	on	2:20	Kick odds fast	EN2	
	1x{2	Х	200	on	3:20	Pulls	EN1	
	{2	Х	200	on	3:10	Pulls	EN1	
200	4	Х	50	on 1	1:15	Breast descend	EN1	
	1x{1	Х	500	on	8:20	Freestyle	EN1	
	{2	Х	400	on	6:40	Freestyle	EN1	
	{ 3	Х	300	on	5:00	Freestyle	EN1	
	{ 4	Х	200	on	3:20	Freestyle	EN1	
	{2	Х	100	on	1:40	Freestyle	EN1	
200	1	Х	200	on	4:00	Stroke Drills	REC	
	9:01	ΑN	46,	180	Mete	rs - Stress Value = 72	2	

Workout #1411 - Monday, 02 July 2001 Group 3 - Bronze 1 minute rest between sets

Meters	Set Description	EGY	WOF
	=======================================	===	===
	1 on 28:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
800	8 x 100 on 2:20 Kick odds fast	EN2	
	1x{2 x 200 on 3:20 Pulls	EN1	
	{2 x 200 on 3:10 Pulls	EN1	
200	4 x 50 on 1:15 Breast descend	EN1	
	1x{1 x 500 on 8:45 Freestyle	EN1	
	{2 x 400 on 7:00 Freestyle	EN1	
	$\{3 \times 300 \text{ on } 5:15 \text{ Freestyle}$	EN1	

{4 x 200 on 3:30 Freestyle

1 x 200 on 4:00 Stroke Drills

9:00 AM 5,980 Meters - Stress Value = 70

EN1 REC

6:30 AM Start

Meters

300

Workout #1413 - Tuesday, 03 July 2001 Group 3 - Breast 1 minute rest between sets

Workout #1417 - Tuesday, 03 July 2001

Group 3 - All

8:53 AM 5,480 Meters - Stress Value = 62

1 minute	rest between	sets

Meters	Se	et Description	EGY	WORF
=====	==		===	====
	1	on 30:00 Plyometrics/stretch		I
800	1	x 800 on 16:00 Stroke Drills	REC	Γ
180	12	2 x 15 on :30 Shooters	SP3	٤
1,200	2x{3	x 100 on 2:20 Kick	EN2	ľ
	{ 2	x 100 on 2:10 Kick	EN2	F
	{ 1	x 100 on 2:00 Kick	EN2	F
800	1x{4	x 100 on 1:40 Lungbuster pulls	EN1	E
	{ 4	x 100 on 1:30 Lungbuster pulls	EN1	E
400	2	x 200 on 3:30 Im 25 drill 25 swim	EN1	٤
1,750	1x{5	x 50 on 1:05 Breaststroke	EN1	٤
	{ 1	x 100 on 1:45 Breaststroke	EN2	٤
	{ 4	x 50 on 1:00 Breaststroke	EN1	٤
	{ 2	x 100 on 1:50 Breaststroke	EN1	٤
	{ 3	x 50 on :55 Breaststroke	EN1	٤
	{ 3	x 100 on 1:55 Breaststroke	EN1	٤
	{ 2	x 50 on :50 Breaststroke	EN1	٤
	{ 4	x 100 on 2:00 Breaststroke	EN1	٤
	{ 1	x 50 on :45 Breaststroke	EN2	٤
350	7	x 50 on 1:00 Stroke Drills	REC	Ι
	8:56	AM $5,480$ Meters - Stress Value = 6	55	

	5:30 PM Start		
Meters	Set Description	EGY	WORK
=====	=======================================	===	====
	1 on 30:00 Stomach and Stretch		L
600	1 x 600 on 12:00 Reverse IM drill	REC	D
	1 on 15:00 Techniques-starts		D
180	12 x 15 on :45 Shooters	SP3	S
	sets of three		
	$2x{4 \times 50 \text{ on :} 50 \text{ Pulls 4 brths}}$	EN1	P
	$\{4 \times 50 \text{ on } :55 \text{ Pulls } 3 \text{ brths}$	EN1	P
	$\{4 \times 50 \text{ on } 1:00 \text{ Pulls } 2 \text{ brths}$	EN1	P
	$1x{1 x 100 on 1:30 Freestyle}$	EN1	S
	$\{3 \times 50 \text{ on } 1:00 \text{ Butterfly } 1\&3 \text{ drill}$	EN1	D
	3x{1 x 100 on 1:45 Backstroke	EN1	S
	{3 x 50 on 1:00 Backstroke descend	EN2	S
300	1 x 300 on 6:00 Stroke Drills	REC	D
	7:29 PM 3,280 Meters - Stress Value =	36	

Workout #1415 - Tuesday, 03 July 2001

Workout #1416 - Tuesday, 03 July 2001

Group 3 - Distance

		1 minute rest between sets	=
	6:30 AM	Start	
Meters	Set De	scription	EGY WOF
	=====		= === ===
	1 on 3	0:00 Plyometrics/stretch	
800	1 x 80	O on 16:00 Stroke Drills	REC
180	12 x 1	5 on :30 Shooters	SP3
1,200	2x{3 x 10	O on 2:20 Kick	EN2
	{2 x 10	O on 2:10 Kick	EN2
	{1 x 10	O on 2:00 Kick	EN2
800	1x{4 x 10	O on 1:40 Lungbuster pulls	EN1
	{4 x 10	O on 1:30 Lungbuster pulls	EN1
	{ br 5-	7 on 1st 4	
	{ br 7-	9 2nd 4	
400	2 x 20	O on 3:30 Im 25 drill 25 swim	EN1
1,800	9 x 20	O on 3:00 Descend in sets of 3	3 EN2

Group 3 - Sprint 1 minute rest between sets

6:30 AM Start Set Description Meters ===== 1 on 30:00 Plyometrics/stretch 800 1 x 800 on 16:00 Stroke Drills REC SP3 180 12 x 15 on :30 Shooters 1,200 2x{3 x 100 on 2:20 Kick EN2 F $\{2 \times 100 \text{ on } 2:10 \text{ Kick} \}$ EN2 {1 x 100 on 2:00 Kick EN2 $800 1x{4 x 100 on 1:40 Lungbuster pulls}$ EN1 {4 x 100 on 1:30 Lungbuster pulls EN1 $\{$ br 5-7 on 1st 4{ br 7-9 2nd 4 200 1 x 200 on 3:30 Im 25 drill 25 swim EN1 2,000 1x{6 x 50 on 1:00 Descend 1-6 EN2 $\{5 \times 100 \text{ on } 1:55 \text{ Descend } 1-5 \}$ EN2 $\{4 \times 150 \text{ on } 2:45 \text{ Descend } 1-4 \}$ EN2 ${3 \times 200 \text{ on } 3:30 \text{ Descend } 1-3}$ EN2 S REC 300 3 x 100 on 2:00 Stroke Drills 8:56 AM 5,480 Meters - Stress Value = 88

Workout #1414 - Tuesday, 03 July 2001 Group 3 - Fly & Back 1 minute rest between sets

8:48 AM 5,480 Meters - Stress Value = 86

3 x 100 on 2:00 Stroke Drills REC

Meters	6:30 AM Start Set Description	EGY	MOT
Meters	set Description	EGI	WOF
		===	===
	1 on 30:00 Plyometrics/stretch		
800	1 x 800 on 16:00 Stroke Drills	REC	
180	12 x 15 on :30 Shooters	SP3	
1,200	2x{3 x 100 on 2:20 Kick	EN2	
	{2 x 100 on 2:10 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
800	1x{4 x 100 on 1:40 Lungbuster pulls	EN1	
	{4 x 100 on 1:30 Lungbuster pulls	EN1	
	{ br 5-7 on 1st 4		
	{ br 7-9 2nd 4		
400	2 x 200 on 3:30 Im 25 drill 25 swim	EN1	
1,500	1x{4 x 150 on 2:45 50 strk 50 fr 50 str	EN1	
	{3 x 150 on 2:35 50 strk 50 fr 50 str	EN1	
	{2 x 150 on 2:25 50 strk 50 fr 50 str	EN1	
	{1 x 150 on 2:15 50 strk 50 fr 50 str	EN1	
600	6 x 100 on 2:00 Stroke Drills	REC	

Workout #1418 - Thursday, 05 July 2001 Group 3 - All

1 minute rest between sets

9:00 PM 5,880 Meters - Stress Value = 79

Workout #1421 - Monday, 09 July 2001 Group 3 - Taper 1 1 minute rest between sets

6:30 AM Start Meters Set Description	EGY	TATC
meters set bescription		~~
1 20 00 01 1 1 01 1 1		
1 on 30:00 Stomach and Stretch		
1,000 1 x 1000 on 18:00 Choice-no more then F	REC	
200m kicking		
180	SP3	
$2x\{2 \times 100 \text{ on } 2:15 \text{ Kick hold under } 2:00 1000 100 10000 10000 1000 1000 100$	EN2	
$\{4 \times 50 \text{ on } 1:15 \text{ Kick w/out board}\}$	EN1	
1x{1 x 400 on 6:00 Pulls	EN1	
{1 x 300 on 4:45 Pulls	EN1	
•	EN1	
•	EN1	
•	EN1	
50 drill 50 swim		
	REC	
•		
(EN1	
$\{1 \times 100 \text{ on } 1:45 \text{ Your Stroke}\}$	EN1	
{1 x 100 on 1:40 Your Stroke	EN2	
{1 x 100 on 2:00 Stroke Drills	REC	
{1 x 200 on 3:00 Freestyle-90% effort B	EN2	
300 6 x 50 on 1:15 Stroke Drills	REC	
8:45 AM 5,080 Meters - Stress Value = 52		

Workout #1419 - Friday, 06 July 2001 Group 3 - All

1 minute rest between sets

	6:30 AM Start		
Meters	Set Description	EGY	WOF
	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	4x{1 x 100 on 2:30 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	1x{3 x 250 on 4:00 Pulls	EN1	
	{2 x 250 on 3:50 Pulls	EN1	
	{1 x 250 on 3:40 Pulls	EN1	
1,600	4×400 on $7:00$ Freestyle	EN2	
	Break at the 200 for		
	30 seconds rest and		
	neg split 2nd 200		
200	1 x 200 on 4:00 Stroke Drills	REC	
	8:50 AM $5,480$ Meters - Stress Value = 8	7	

Workout #1420 - Saturday, 07 July 2001

Group 3 - All

1 minute rest between sets

	6:30 PM Start		
Meters	Set Description	EGY	WORF
	=======================================	===	====
	1 on 29:00 Stomach and Stretch		I
800	1 x 800 on 16:00 Reverse IM drill	REC	Ι
180	12 x 15 on :30 Shooters	SP3	٤
	4x{1 x 150 on 3:45 Kick	EN2	F
	{1 x 100 on 2:20 Kick	EN2	F
	{1 x 50 on 1:05 Kick	EN2	F
1,200	12 x 100 on 1:40 Lungbuster pulls	EN1	E
	odds br 5-7 evns br		
	6-8		
300	6×50 on 1:00 Descend in sets of 3	EN1	٤
	1x{4 x 200 on 3:30 Individual Medley	EN1	٤
	{3 x 200 on 3:20 Individual Medley	EN1	٤
	{2 x 200 on 3:10 Individual Medley	EN2	٤
	{1 x 200 on 3:00 Individual Medley	EN2	٤
200	1 x 200 on 4:00 Choice	REC	Ι

	6:30	Αl	4 S	tart	t			
Meters	Se	et	Des	crip	ption		EGY	WOF
=====	==	===					===	===
	1	01	n 30	:00	Stoma	ach and Stretch		
800	1	Х	800	on	16:00	O Choice	REC	
180	12	2 2	k 15	on	:30 \$	Shooters	SP3	
	2x{1	Х	300	on	7:00	Kick	EN2	
	{ 1	Х	200	on	4:40	Kick	EN2	
	{ 1	Х	100	on	2:20	Kick	EN2	
1,200	8	Х	150	on	2:30	Pulls mid 50 br ev 7	EN1	
400	1	Х	400	on	7:00	Individual Medley	EN1	
	1x{1	Х	400	on	6:30	Freestyle	EN1	
	{ 1	Х	400	on	6:25	Freestyle	EN1	
	{ 1	Х	400	on	6:20	Freestyle	EN1	
	{ 1	Х	400	on	6:15	Freestyle	EN1	
	{ 1	Х	400	on	6:10	Freestyle	EN1	
200	1	Х	200	on	4:00	Stroke Drills	REC	
	8:59	Αľ	4 5,5	980	Mete	rs - Stress Value = 7	1	

Workout #1425 - Monday, 09 July 2001 Group 3 - Taper 1 1 minute rest between sets

Meters	5:30 PM Start Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters OTB	SP3	
	1 on 10:00 Techniques-finishes		
	1x{4 x 100 on 2:20 Kick	EN2	
	{6 x 50 on 1:15 Kick des in 3's	EN2	
	$3x{4 \times 50}$ on 1:15 Stroke Drills	EN1	
	{1 x 100 on 2:00 Back-1st 15m fast	EN1	
	{1 x 100 on 2:00 Back 15m in and out	EN1	
	{ of turn fast		
	{1 x 100 on 2:00 Back last 20m fast	EN1	
400	1 x 400 on 8:00 Stroke Drills	REC	
	7:30 PM 3,380 Meters - Stress Value = 40)	

Workout #1423 - Monday, 09 July 2001 Group 3 - Taper 2 1 minute rest between sets

	6:30						EGII	
Meters	Se	∋t	Desc	crip	otion		EGY	WOF
=====	==	===		-===			===	===
	1	or	1 30:	:00	Stoma	ach and Stretch		
800	1	Х	800	on	16:00) Choice	REC	
180	12	2 >	15	on	:30 9	Shooters	SP3	
	2x{1	Х	300	on	7:00	Kick	EN2	
	{ 1	Х	200	on	4:40	Kick	EN2	
	{ 1	Х	100	on	2:20	Kick	EN2	
1,200	8	X	150	on	2:30	Pulls mid 50 br ev 7	EN1	
400	1	Х	400	on	7:00	Individual Medley	EN1	
	1x{1	Х	400	on	6:30	Freestyle	EN1	
	{ 1	Х	400	on	6:25	Freestyle	EN1	
	{ 1	Х	400	on	6:20	Freestyle	EN1	
	{ 1	Х	400	on	6:15	Freestyle	EN1	
200	1	Х	200	on	4:00	Stroke Drills	REC	
	8:53	ΑN	1 5,5	580	Meter	rs - Stress Value = 6	7	

Workout #1422 - Monday, 09 July 2001 Group 3 - Senior State 1 minute rest between sets

Meters	6:30 Se				t otion		EGY	WOF
=====	==	-=-		-==			===	===
	1	or	30:	00	Stoma	ach and Stretch		
600	1	Х	600	on	12:00) Choice	REC	
180	12	2 >	15	on	:30 8	Shooters	SP3	
	1x{1	Х	300	on	7:00	Kick	EN2	
	{ 1	Х	200	on	4:40	Kick	EN2	
	{ 1	Х	100	on	2:20	Kick	EN2	
900	6	Х	150	on	2:30	Pulls mid 50 br ev 7	EN1	
400	1	Х	400	on	7:00	Individual Medley	EN1	
	1x{1	Х	400	on	6:30	Freestyle	EN1	
	{ 1	Х	400	on	6:25	Freestyle	EN1	
	{ 1	Х	400	on	6:20	Freestyle	EN1	
	{ 1	Х	400	on	6:15	Freestyle	EN1	
200	1	Х	200	on	4:00	Stroke Drills	REC	
	8:30	ΑN	1 4,4	180	Meter	rs - Stress Value = 5	1	

Workout #1426 - Monday, 09 July 2001 Group 3 - Senior State 1 minute rest between sets

	5:30 PM Start		
Meters	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 30:00 Stomach and Stretch		I
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	٤
180	12 x 15 on :30 Shooters OTB	SP3	٤
	1 on 10:00 Techniques-finishes		Γ
	1x{3 x 100 on 2:30 Kick	EN2	ľ
	{6 x 50 on 1:15 Kick des in 3's	EN2	ľ
	$2x{4 \times 50 \text{ on } 1:15 \text{ Stroke Drills}}$	EN1	Ι
	{1 x 100 on 2:00 Back-1st 15m fast	EN1	٤
	{1 x 100 on 2:00 Back 15m in and out	EN1	٤
	{ of turn fast		
	{1 x 100 on 2:00 Back last 20m fast	EN1	٤
200	1 x 200 on 3:00 Stroke Drills	REC	Ι
	7:08 PM 2,380 Meters - Stress Value = 3	32	

Workout #1424 - Monday, 09 July 2001 Group 2 - All 1 minute rest between sets

	7:00	AM	I St	art	Ī.					
Meters	Se	et	Desc	crip	otion				EGY	WOI
=====	==			-==					===	===
	1	on	25:	00	Stoma	ach and St	retch	ı		
800	1	Х	800	on	20:00) Swim-kid	k-pul	Ll-swim	REC	
180	12	2 x	: 15	on	:30 8	Shooters			SP3	
600	1x{2	Х	100	on	3:00	Kick			EN2	
	{ 2	Х	100	on	2:55	Kick			EN2	
	{ 2	Х	100	on	2:50	Kick			EN2	
600	1x{1	Х	300	on	7:00	Pulls			EN1	
	{ 1	Х	200	on	4:40	Pulls			EN1	
	{ 1	Х	100	on	2:20	Pulls			EN1	
1,000	5	Х	200	on	4:00	Freestyle	des	1-4 #5	EN2	
		dri	11							
	8:47	AM	1 3,1	180	Metei	s - Stres	s Vai	Lue = 48	3	

Workout #1427 - Tuesday, 10 July 2001 Group 3 - All 1 minute rest between sets

	6:30	Αl	√l St	cart	Ī.			
Meters	Se	et	Desc	crip	otion		EGY	WORF
=====	==	-=-		-===			===	====
400	1	Х	400	on	8:00	Swim-kick-pull-swim	REC	٤
	1x{3	Х	150	on	3:30	Kick	EN2	ŀ

	{3 x 100 on 2:00 Kick	EN2	F
800	4 x 200 on 2:50 Lungbuster pulls	EN1	E
	br 3-5-7-5		
1,500	15 x 100 on 1:30 Freestyle	EN1	٤
300	1 x 300 on 5:00 Stroke Drills	REC	Γ
	7:39 AM 3,750 Meters - Stress Value =	= 43	

Workout #1429 - Tuesday, 10 July 2001 Group 3 - All 1 minute rest between sets

	5:30	PM Start		
Meters	Se	et Description	EGY	WORK
	==		===	====
	1	on 30:00 Stomach and Stretch		L
600	1	x 600 on 12:00 Stroke Drills	REC	D
180	12	2 x 15 on :45 Backstroke Shooters	SP3	S
	-	in sets of 3		
	1	on 15:00 Techniques-open trns		D
	1x{1	x 200 on 3:30 Pulls	EN1	P
	{ 3	x 50 on :45 Pulls	EN1	P
	{ 1	x 150 on 2:30 Pulls	EN1	P
	{ 3	x 50 on :50 Pulls	EN1	P
	{ 1	x 100 on 1:35 Pulls	EN1	P
	{ 3	x 50 on :55 Pulls	EN1	P
	1x{1	x 200 on 3:30 Individual Medley	EN1	S
	{ 1	x 200 on 3:15 Individual Medley	EN1	S
	3x{1	x 100 on 1:45 Breaststroke	EN1	S
	{ 2	x 50 on 1:15 Stroke Drills	REC	D
	{ 1	x 50 on 2:30 Breaststroke OTB	SP2	S
250	1	x 250 on 5:00 Stroke Drills	REC	D
	7:30	PM 3,080 Meters - Stress Value =	43	

Workout #1428 - Tuesday, 10 July 2001 Group 2 - All 1 minute rest between sets

	7:00 AM Start			
Meters	Set Description	EGY	WORK :	S
=====		===	=====	=
200	1 x 200 on 4:00 Stroke Drills	REC	D	C
300	6 x 50 on 1:15 Kick	EN2	K	C
600	2 x 300 on 6:00 Pulls	EN1	P	
300	3×100 on 2:30 Descend in sets of 3	EN1	S	
300	1 x 300 on 6:00 Stroke Drills	REC	D	
	7:42 AM 1,700 Meters - Stress Value	= 17		

Workout #1432 - Wednesday, 11 July 2001 Group 3 - Taper 1 1 minute rest between sets

	6:30 AM Start		
Meters	Set Description	EGY	WOF
		===	===
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Reverse IM drill	REC	
180	12 x 15 on :30 Shooters	SP3	
	3x{1 x 150 on 3:45 Kick	EN2	
	{1 x 100 on 2:20 Kick	EN2	
	{1 x 50 on 1:05 Kick	EN2	
1,200	4 x 300 on 4:45 Pulls	EN1	
300	6 x 50 on :55 25 drill 25 build	EN1	
	$1x{3 \times 150}$ on 2:40 Descend in sets of 3	EN2	
	$\{3 \times 150 \text{ on } 2:30 \text{ Descend in sets of } 3$	EN2	
	$\{3 \times 150 \text{ on } 2:20 \text{ Descend in sets of } 3$	EN2	
150	10 x 15 on 1:30 Pit sprints	SP3	
300	1 x 300 on 6:00 Stroke Drills	REC	
	9:00 AM 5,180 Meters - Stress Value = 83	1	

6.30 AM Start

Workout #1431 - Wednesday, 11 July 2001 Group 3 - Taper 2 1 minute rest between sets

	6:30 AM Start			
Meters	Set Description	EGY	WORK	Ş
=====	=======================================	===	====	=
	1 on 30:00 Stomach and Stretch		L	Γ
800	1 x 800 on 16:00 Reverse IM drill	REC	D	
180	12 x 15 on :30 Shooters	SP3	S	
	3x{1 x 150 on 3:45 Kick	EN2	K	C
	{1 x 100 on 2:20 Kick	EN2	K	(
	{1 x 50 on 1:05 Kick	EN2	K	(
1,200	4 x 300 on 4:45 Pulls	EN1	P	
500	10 \times 50 on :55 25 drill 25 build	EN1	S	
600	3 x 200 on 8:00 Broken at each 50	SP2	S	Ę
800	8 x 100 on 2:00 Stroke Drills	REC	D	
	2 on each stroke			
	8:59 AM 4,980 Meters - Stress Value =	= 113	3	

Workout #1430 - Wednesday, 11 July 2001 Group 3 - Senior State 1 minute rest between sets

	0:30 AM Start			
Meters	Set Description	EGY	WORK	٤
=====	=======================================	===	====	=
	1 on 30:00 Stomach and Stretch		L	Γ
600	1 x 600 on 16:00 Reverse IM drill	REC	D	
180	12 x 15 on :30 Shooters	SP3	S	
	3x{1 x 150 on 3:45 Kick	EN2	K	\subset
	{1 x 100 on 2:20 Kick	EN2	K	\subset
	{1 x 50 on 1:05 Kick	EN2	K	\subset
900	3 x 300 on 4:45 Pulls	EN1	P	
300	6 x 50 on 1:00 25 drill 25 build	EN1	S	
400	2 x 200 on 8:00 Broken at each 50	SP2	S	٤
800	8 x 100 on 2:30 Stroke Drills	REC	D	
	2 on each stroke			
	8:47 AM 4,080 Meters - Stress Value =	= 85		

Workout #1433 - Wednesday, 11 July 2001 Group 2 - All

1	minute	rest	between	sets

	7:00 AM Start			
Meters	Set Description	EGY	WORK	ç
=====	=======================================	===	====	=
	1 on 20:00 Stomach and Stretch		L	Ι
400	1 x 400 on 9:00 Reverse IM drill	REC	D	
180	12 x 15 on :45 Shooters	SP3	S	
	2x{1 x 150 on 4:00 Kick	EN2	K	(
	{1 x 100 on 2:35 Kick	EN2	K	(
	{1 x 50 on 1:15 Kick	EN2	K	(
500	10 x 50 on 1:15 Pulls-nbbf&w	EN1	P	
200	1 x 200 on 4:00 Individual Medley	EN1	S	
	$1x{5 \times 50 \text{ on } 1:30 \text{ Butterfly}}$	EN1	S	E
	{5 x 50 on 1:10 Backstroke	EN1	S	
	{5 x 50 on 1:20 Breaststroke	EN1	S	
	$\{5 \times 50 \text{ on } 1:00 \text{ Freestyle}$	EN1	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	8:45 AM 3,080 Meters - Stress Value =	= 37		

Workout #1434 - Wednesday, 11 July 2001 Group 2 - All

1 minute rest between sets

	7:00 AM Start			
Meters	Set Description	EGY	WORK	č
=====	=======================================	===	====	=
	1 on 20:00 Stomach and Stretch		L	Ι
400	1 x 400 on 9:00 Reverse IM drill	REC	D	
180	12 x 15 on :45 Shooters	SP3	S	

2x{1 x	150 or	4:00) Kick	EN2	K	C
{1 x	100 or	2:35	5 Kick	EN2	K	C
{1 x	50 on	1:15	Kick	EN2	K	C
10 :	x 50 or	1:15	5 Pulls-nbbf&w	EN1	P	
1 x	200 or	4:00	O Individual Medley	EN1	S	
1x{5 x	50 on	1:30	Butterfly	EN1	S	F
{5 x	50 on	1:10	Backstroke	EN1	S	
{5 x	50 on	1:20	Breaststroke	EN1	S	
{5 x	50 on	1:00	Freestyle	EN1	S	
1 x	200 or	3:00	O Stroke Drills	REC	D	
8:45 A	M 3,080) Mete	ers - Stress Value	= 37		
	1 x 10 x 1 x 1x{5 x {5 x {5 x {5 x 1 x	{1 x 100 or {1 x 50 or 10 x 50 or 1 x 200 or 1x{5 x 50 or {5 x 50 or {5 x 50 or {5 x 50 or 1 x 200 or	1 x 100 on 2:33 {1 x 50 on 1:15 10 x 50 on 1:15 1 x 200 on 4:00 1x{5 x 50 on 1:30 {5 x 50 on 1:10 {5 x 50 on 1:20 {5 x 50 on 1:00 1 x 200 on 3:00	1x{5 x 50 on 1:30 Butterfly {5 x 50 on 1:10 Backstroke {5 x 50 on 1:20 Breaststroke {5 x 50 on 1:00 Freestyle 1 x 200 on 3:00 Stroke Drills	1 x 100 on 2:35 Kick EN2 1 x 50 on 1:15 Kick EN2 10 x 50 on 1:15 Pulls-nbbf&w EN1 1 x 200 on 4:00 Individual Medley EN1 1x{5 x 50 on 1:30 Butterfly EN1 {5 x 50 on 1:10 Backstroke EN1 {5 x 50 on 1:20 Breaststroke EN1 {5 x 50 on 1:00 Freestyle EN1	{1 x 100 on 2:35 Kick EN2 K {1 x 50 on 1:15 Kick EN2 K 10 x 50 on 1:15 Pulls-nbbf&w EN1 P 1 x 200 on 4:00 Individual Medley EN1 S 1x{5 x 50 on 1:30 Butterfly EN1 S {5 x 50 on 1:10 Backstroke EN1 S {5 x 50 on 1:20 Breaststroke EN1 S {5 x 50 on 1:00 Freestyle EN1 S 1 x 200 on 3:00 Stroke Drills REC D

Workout #1435 - Thursday, 12 July 2001 Group 3 - Taper 1 1 minute rest between sets

	6:30 AM Start			
Meters	Set Description		EGY	WOF
	==============	=========	===	===
	1 on 30:00 Stomach a	nd Stretch		
600	1 x 600 on 12:00 Swi	m-kick-pull-swim	REC	
180	12 x 15 on :30 Shoot	ers	SP3	
	$3x{1 x 100 on 2:20 Kick}$		EN2	
	{1 x 100 on 2:10 Kick		EN2	
	{1 x 100 on 2:00 Kick		EN2	
	$1x{2 x 150 on 2:30 Pull}$	s mid 50 br ev 5	EN1	
	{2 x 150 on 2:25 Pull	s mid 50 br ev 6	EN1	
	{2 x 150 on 2:20 Pull	s mid 50 br ev 7	EN1	
	{2 x 150 on 2:15 Pull	s mid 50 br ev 8	EN1	
	$1x{6 \times 50 \text{ on } :50 \text{ Freest}}$	yle	EN1	
	{4 x 100 on 2:00 Your	Stroke	EN1	
	{6 x 50 on :45 Freest	yle	EN1	
	{4 x 100 on 1:55 Your	Stroke	EN1	
	{6 x 50 on :40 Freest	yle	EN1	
	{4 x 100 on 1:50 Your	Stroke	EN1	
400	4 x 100 on 2:00 Stro	ke Drills	REC	
	8:47 AM 5,380 Meters -	Stress Value = 6	2	

Workout #1439 - Thursday, 12 July 2001 Group 3 - Taper 1 1 minute rest between sets

5:30 PM Start Set Description EGY WORK ====== 1 on 30:00 Stomach and Stretch Ι 600 1 x 600 on 12:00 Stroke Drills REC 180 12 x 15 on :30 Shooters OTB SP3 1 on 10:00 Techniques-starts 1x{1 x 250 on 4:20 Pulls EN1 Ε {1 x 200 on 3:20 Pulls EN1 F $\{1 \ x \ 150 \ on \ 2:25 \ Pulls$ EN1 {1 x 100 on 1:35 Pulls EN1 F {2 x 50 on :45 Pulls EN1 Ε $4x{1 \times 200 \text{ on } 4:00 \text{ Butterfly drill}}$ EN1 {2 x 50 on 2:00 Fly 15m under water EN3 $\,$ { off the blocks $\{1 \times 100 \text{ on } 1:45 \text{ Fly w/ perfect form EN1} \}$ S 3 x 100 on 2:00 Stroke Drills 7:31 PM 3,480 Meters - Stress Value = 55

Workout #1437 - Thursday, 12 July 2001 Group 3 - Taper 2 1 minute rest between sets

	6:30 AM Start		
Meters	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	3x{1 x 100 on 2:20 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
900	6 x 150 on 2:30 Pulls mid 50 br ev 7	EN1	
	$3x{3 \times 100 \text{ on } 1:40 \text{ Freestyle}}$	EN1	
	{2 x 100 on 1:55 Your Stroke	EN1	
	$\{3 \times 50 \text{ on } : 50 \text{ Freestyle}\}$	EN1	
	{2 x 50 on 1:00 Your Stroke	EN1	
200	2 x 100 on 2:30 Stroke Drills	REC	
	8:43 AM 5,030 Meters - Stress Value = 63	3	

Workout #1436 - Thursday, 12 July 2001 Group 3 - Senior State 1 minute rest between sets

	6:30 AM Start		
Meters	Set Description	EGY	WOI
	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
400	1 x 400 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	2x{1 x 100 on 2:20 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{1 x 50 on 1:30 Kick 100%	EN3	
600	4 x 150 on 2:15 Pulls	EN1	
	2x{3 x 100 on 1:30 Freestyle	EN1	
	{2 x 100 on 1:45 Your Stroke	EN1	
	${3 \times 50 \text{ on } :50 \text{ Freestyle}}$	EN1	
	{2 x 50 on :55 Your Stroke	EN1	
400	4 x 100 on 2:30 Stroke Drills	REC	
	8:19 AM 3,580 Meters - Stress Value = 4	6	

Workout #1438 - Thursday, 12 July 2001 Group 3 - Senior State 1 minute rest between sets

	5:30 PM Start		
Meters	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
400	1 x 400 on 12:00 Stroke Drills	REC	
180	12 x 15 on :30 Shooters OTB	SP3	
400	1 x 400 on 7:00 Pulls odd laps br ev	EN1	
	seven strokes		
	$1x{4 \times 50}$ on 1:00 Stroke Drills	REC	
	$\{1 \times 100 \text{ on } 2:30 \text{ Freestyle -build} \}$	EN1	
	4x{1 x 25 on :00 Fast- OTB	SP3	
	$\{1 \times 25 \text{ on } 2:00 \text{ Stroke Drills}$	REC	
200	1 x 200 on 4:00 Stroke Drills	REC	
	1 on 25:00 Techniques-starts		
	7:14 PM 1,680 Meters - Stress Value = 1	7	

Workout #1441 - Friday, 13 July 2001 Group 3 - Taper 1 1 minute rest between sets

	6:30 AM Start		
Meters	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
180	12×15 on :30 Shooters	SP3	

	2x{1	Х	100	on	2:30	Kick	EN2
	{ 1	Х	100	on	2:25	Kick	EN2
	{ 1	Х	100	on	2:20	Kick	EN2
	{ 1	Х	100	on	2:15	Kick	EN2
	{ 1	Х	100	on	2:10	Kick	EN2
1,000	5	Х	200	on	3:15	Lungbuster pulls	EN1
	ŀ	or	3-5-	7-9	by t	the 50	
	4x{4	Х	50 0	on 1	1:00 8	Stroke Drills-build	EN1
	{ 1	Х	200	on	3:30	Individual Medley	EN1
400	1	Х	400	on	8:00	Stroke Drills	REC
	8:46	Αl	1 4,9	980	Mete	rs - Stress Value =	57

Workout #1440 - Friday, 13 July 2001 Group 3 - Senior State 1 minute rest between sets

Meters	6:30 AM Start Set Description	EGY	WOF
=====	1 20.00 0+	===	===
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{1 x 100 on 2:30 Kick	EN2	
	{1 x 100 on 2:25 Kick	EN2	
	{1 x 100 on 2:20 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN2	
400	2 x 200 on 3:15 Lungbuster pulls	EN1	
	br 3-5-7-9 by the 50		
	$4x\{4 \times 50 \text{ on } 1:00 \text{ Stroke Drills-build}$	EN1	
	{1 x 200 on 3:30 Individual Medley	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	8:18 AM 3.580 Meters - Stress Value = 38	3	

Workout #1442 - Friday, 13 July 2001 Group 2 - All 1 minute rest between sets

	7:00 AM Start			
Meters	Set Description	EGY	WORK	S
		===	====	=
	1 on 20:00 Stomach and Stretch		L	Ι
800	8 x 100 on 3:00 Stroke Drills	REC	D	(
	odds free evens strk			
150	10 x 15 on :45 Shooters	SP3	S	C
400	8 x 50 on 1:30 Kick w/out a board	EN1	K	
	2 on each stroke			
400	4 x 100 on 2:30 Pulls br 3-5 by 50's	EN1	P	
500	5 x 100 on 2:00 Freestyle	EN1	S	
	1 on 15:00 Sculling drills	EN1	D	
	8:43 AM 2.250 Meters - Stress Value =	= 21		

Workout #1447 - Monday, 16 July 2001 Group 3 - All 1 minute rest between sets

Workout #1444 - Monday, 16 July 2001 **Group 3 - Senior State** 1 minute rest between sets

	5:30 PM Start				6:30 AM Start
Meters	Meters Set Description		WORK	Meters	Set Description EGY WORK STK
		===		=====	=======================================
	1 on 30:00 Stomach and Stretch		L		1 on 30:00 Stomach and Stretch L DRY
600	1 x 600 on 12:00 Reverse IM drill	REC	D	600	1 x 600 on 16:00 Stroke Drills REC D CHO
180	12 x 15 on :30 Shooters	SP3	S	180	12 x 15 on :30 Shooters SP3 S FR
	1 on 10:00 Tennesse turn drills		D	400	4 x 100 on 2:30 Kick EN1 K CHO
600	12×50 on $1:15$ Kick w/out board	EN1	K	400	4 x 100 on 1:45 Pulls EN1 P FR
	3 on each stroke				$1x\{4 \times 50 \text{ on } 1:15 \text{ Butterfly}$ REC D FLY
600	3 x 200 on 4:00 Individual Medley	EN1	S		$\{1 \times 100 \text{ on } 1:45 \text{ Butterfly} \text{ EN1} \text{ S FLY}$
	$1x{1 x 200 on 3:15 Freestyle}$	EN1	S		{4 x 50 on 1:15 Backstroke REC D BK
	{1 x 200 on 3:30 Free last 50 fast	EN2	S		{1 x 100 on 1:45 Backstroke EN1 S BK
	{1 x 200 on 3:45 Free last 100 fast	EN2	S		$\{4 \times 50 \text{ on } 1\text{:}15 \text{ Breaststroke} \text{REC} \text{D} \text{BR}$
	{1 x 200 on 4:00 Free last 150 fast	EN3	S		{1 x 100 on 1:45 Breaststroke EN1 S BR
	$\{1 \times 200 \text{ on } 4:15 \text{ Freestyle all fast} \}$	EN3	S		$\{4 \times 50 \text{ on } 1\text{:}15 \text{ Freestyle} $ REC D FR
300	1 x 300 on 5:00 Stroke Drills	REC	D		$\{1 \times 100 \text{ on } 1\text{:}45 \text{ Freestyle} \text{ EN1} \text{ S FR}$
	7:24 PM 3,280 Meters - Stress Value =	58		200	1 x 200 on 4:00 Stroke Drills REC D CD
					Thumb drag/catch-up
	Workout #1443 - Monday, 16 July 2001				8:15 AM 2,980 Meters - Stress Value = 20

Workout #1443 - Monday, 16 July 2001 Group 3 - Taper 1 1 minute rest between sets

6:30 AM Start EGY WORK STK Set Description Meters

TICCCIO	0		DCS	~ + + 1	CIOII		пот	MOTUL	DII	
=====	==						===	====	===	
	1	or	1 30:	:00	Stoma	ach and Stretch		L	DRY	
800	1	Х	800	on	16:00) Stroke Drills	REC	D	CHO	
180	12	2 >	15	on	:30 8	Shooters	SP3	S	FR	
	5x{1	Х	100	on	2:00	Kick	EN2	K	CHO	
	{ 1	Х	100	on	2:30	Kick	EN1	K	СНО	
	1x{1	Х	300	on	5:00	Pulls	EN1	P	FR	
	{ 2	Х	300	on	4:45	Pulls	EN1	P	FR	
	{ 3	Х	300	on	4:30	Pulls	EN1	P	FR	
	1x{3	Х	100	on	1:50	Butterfly	EN1	S	FLY	
	{ 3	Х	100	on	1:40	Backstroke	EN1	S	BK	
	{ 3	Х	100	on	2:00	Breaststroke	EN1	S	BR	
	{ 3	Х	100	on	1:30	Freestyle	EN1	S	FR	
200	1	Х	200	on	4:00	Stroke Drills	REC	D	CD	
		Γhι	ımb d	drag	g/cato	ch-up				
	8:43	ΑN	15,1	180	Meter	cs - Stress Valı	ue =	57		

Workout #1445 - Monday, 16 July 2001 Group 3 - Taper 2 1 minute rest between sets

Meters Set Description EGY WORK ST	ζ.
•	
====== ================================	=
1 on 30:00 Stomach and Stretch L DR	7
800 1 x 800 on 16:00 Stroke Drills REC D CH)
180	2
4x{1 x 100 on 2:00 Kick EN2 K CH)
{1 x 100 on 2:30 Kick EN1 K CH)
1x{1 x 300 on 5:00 Pulls EN1 P F	2
{1 x 300 on 4:45 Pulls EN1 P F	2
{1 x 300 on 4:30 Pulls EN1 P F	2
$1x\{2 \times 50 \text{ on } 1:00 \text{ Butterfly}$ REC D FL	7
{3 x 100 on 1:50 Butterfly EN1 S FL	7
$\{2 \times 50 \text{ on } 1:00 \text{ Backstroke} \}$ REC D B	ζ.
{3 x 100 on 1:40 Backstroke EN1 S B	<
{2 x 50 on 1:00 Breaststroke REC D B	2
{3 x 100 on 2:00 Breaststroke EN1 S B	₹
$\{2 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$ REC D F	2
$\{3 \times 100 \text{ on } 1:30 \text{ Freestyle} \}$ EN1 S F	₹
200 1 x 200 on 4:00 Stroke Drills REC D C)
Thumb drag/catch-up	

8:33 AM 4,480 Meters - Stress Value = 42

Workout #1446 - Monday, 16 July 2001 Group 2 - All

1 minute rest between sets

	7:00 AM Start		
Meters	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 20:00 Stomach and Stretch		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :30 Shooters	SP3	
200	1 x 200 on 5:00 Kick	EN1	
300	1 x 300 on 5:00 Pull	EN1	
1,000	$4x{1 x 100 on 2:30 Stroke Drills}$	REC	
	{3 x 50 on 1:30 Descend	EN1	
400	4 x 100 on 3:00 Stroke Drills	REC	
	8:30 AM 2,450 Meters - Stress Value = 19	9	

Workout #1452 - Tuesday, 17 July 2001 Group 3 - All

1 minute rest between sets

5:30 PM Start

Meters	Set Description	EGY	WORK	٤
=====	=======================================	===	====	=
	1 on 30:00 Stomach and Stretch		L	Γ
600	1 x 600 on 12:00 Choice	REC	S	C
180	12×15 on :30 Shooters	SP3	S	
	1 on 15:00 Tennesse turn drills		D	
	$1x\{6 \times 50 \text{ on } 1:00 \text{ Pulls-nbbf&w}$	EN1	P	
	$\{5 \times 50 \text{ on } :55 \text{ Pulls-nbbf&w}$	EN1	P	
	{4 x 50 on :50 Pulls-nbbf&w	EN1	P	
	${3 \times 50 \text{ on :} 45 \text{ Pulls-nbbf&w}}$	EN1	P	
300	3 x 100 on 1:40 Freestyle-descend	EN1	S	
	$3x{1 \times 200 \text{ on } 3:30 \text{ Individual Medley}}$	EN1	S	
	{2 x 50 on 1:00 Freestyle-build	EN1	S	
	{1 x 50 on 2:00 OTB	SP2	S	
300	1 x 300 on 6:00 Stroke Drills	REC	D	
	7:29 PM 3,330 Meters - Stress Value =	= 47		

Workout #1450 - Tuesday, 17 July 2001 Group 3 - Taper 1 1 minute rest between sets

	6:30	ΑN	1 St	art				
Meters	Se	Set Description						
=====	==	=======================================						
	1	or	1 30:	:00	Stoma	ach and Stretch		L
800	1	Х	800	on	16:00) Choice	REC	S
180	12	2 2	٤ 15	on	:30 8	Shooters	SP3	S
	2x{2	Х	100	on	2:20	Kick	EN1	K
	{ 4	Х	50 0	on 1	L:10 F	Kick	EN1	K
	1x{2	Х	200	on	3:00	Pulls	EN1	P
	{ 2	Х	250	on	4:00	Pulls	EN1	P
	{ 2	Х	300	on	5:00	Pulls	EN1	P
200	1	Х	200	on	4:00	Free build each 50	EN1	S
	1x{2	Х	400	on	6:30	Freestyle	EN1	S
	{ 2	Х	400	on	6:15	Freestyle	EN1	S
200	1	Х	200	on	3:00	Stroke Drills	REC	D
	8:44	ΑN	1 5,2	280	Meter	rs - Stress Value =	53	

Workout #1449 - Tuesday, 17 July 2001 Group 3 - Taper 2 1 minute rest between sets

	6:30 AM Start		
Meters	Set Description	EGY	WORK
=====	=======================================	===	====
	1 on 30:00 Stomach and Stretch		L
800	1 x 800 on 16:00 Choice	REC	S
180	12 x 15 on :30 Shooters	SP3	S
	2x{2 x 100 on 2:20 Kick	EN1	K
	{4 x 50 on 1:10 Kick	EN1	K
1,500	6 x 250 on 4:00 Pulls	EN1	P
200	1 x 200 on 4:00 Free build each 50	EN1	S
400	2 x 200 on 8:00 Broken at each 50	SP2	S
	R. 10, 20, 30 second		
400	1 x 400 on 6:00 Stroke Drills	REC	D
	8:37 AM 4,280 Meters - Stress Value =	79	

Workout #1448 - Tuesday, 17 July 2001 Group 3 - Senior State 1 minute rest between sets

	6:30 AM Start			
Meters	Set Description	EGY	WORK	STF
=====	=======================================	===	====	===
	1 on 30:00 Stomach and Stretch		L	DRY
500	1 x 500 on 16:00 Choice	REC	S	CHC
180	12 x 15 on :30 Shooters	SP3	S	CHC
	1x{2 x 100 on 2:20 Kick	EN1	K	CHC
	{4 x 50 on 1:10 Kick	EN1	K	CHC
500	2 x 250 on 4:00 Pulls	EN1	P	FF
1,200	3 x 400 on 6:30 Freestyle	EN1	S	FF
200	1 x 200 on 5:00 Six kick switch	REC	S	CI
	8:10 AM 2,980 Meters - Stress Value	= 3	31	

Workout #1451 - Tuesday, 17 July 2001 Group 2 - All 1 minute rest between sets

	7:00 AM Start		
Meters	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 20:00 Stomach and Stretch		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :30 Shooters	SP3	
	1x{4 x 50 on 1:30 Kick	EN2	
	{3 x 50 on 1:20 Kick	EN2	
	{2 x 50 on 1:10 Kick	EN2	
	{1 x 50 on 1:00 Kick	EN2	
	1x{1 x 300 on 6:00 Pulls	EN1	

	{ 1	x 200 on 4:00 Pulls	EN1
	{ 1	x 100 on 2:00 Pulls	EN1
	3x{4	x 50 on 1:30 Butterfly	EN2
	{ 1	on 1:00 Rest	
200	1	x 200 on 4:00 Stroke Drills	REC
	8:31	AM 2,450 Meters - Stress Value =	36

Workout #1453 - Wednesday, 18 July 2001 Group 3 - Taper 1 1 minute rest between sets

	6:30 AM Start		
Meters	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 12:00 Reverse IM drill	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{1 x 400 on 10:00 Kick	EN2	
	{1 x 100 on 2:20 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{1 x 100 on 2:05 Kick	EN2	
	1x{3 x 150 on 2:30 Pulls mid 50 br ev 9	EN1	
	{3 x 150 on 2:20 Pulls mid 50 br ev 5	EN1	
	{2 x 150 on 2:10 Pulls mid 50 br ev 5	EN1	
300	6 x 50 on :45 Freestyle	EN1	
	1x{5 x 100 on 1:50 Your Stroke	EN1	
	{4 x 100 on 1:45 Your Stroke	EN1	
	{3 x 100 on 1:40 Your Stroke	EN1	
	{2 x 100 on 1:35 Your Stroke	EN1	
	{1 x 100 on 1:30 Your Stroke	EN1	
400	1 x 400 on 6:00 Stroke Drill	REC	
	8:39 AM 4,980 Meters - Stress Value = 55	5	

Workout #1455 - Wednesday, 18 July 2001 Group 3 - Taper 2 1 minute rest between sets

Meters	6:30 AM Start Set Description	EGY WOF
	1 on 30:00 Stomach and Stretch	
600		REC
180	12 x 15 on :30 Shooters	SP3
	1x{1 x 400 on 10:00 Kick	EN2
	{1 x 100 on 2:20 Kick	EN2
	{1 x 100 on 2:15 Kick	EN2
	{1 x 100 on 2:10 Kick	EN2
	{1 x 100 on 2:05 Kick	EN2
900	6 x 150 on 2:30 Pulls mid 50 br ev 7	EN1
	1x{4 x 100 on 1:45 Your Stroke	EN1
	{3 x 100 on 1:40 Your Stroke	EN1
	{2 x 100 on 1:35 Your Stroke	EN1
	{1 x 100 on 1:30 Your Stroke	EN1
500	10 x 50 on 1:15 Stroke Drills	REC
	8:27 AM $3,980$ Meters - Stress Value = 45	5

Workout #1454 - Wednesday, 18 July 2001 Group 3 - Senior State 1 minute rest between sets

	6:30 AM Start	EGU	
Meters	Set Description	EGY	WOF
	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
400	1 x 400 on 12:00 Reverse IM drill	REC	
180	12 x 15 on :30 Shooters	SP3	
400	1 x 400 on 10:00 Kick	EN1	
600	4 x 150 on 2:30 Pulls mid 50 br ev 7	EN1	
	1x{4 x 100 on 1:45 Your Stroke	EN1	
	{3 x 100 on 1:40 Your Stroke	EN1	
	{2 x 100 on 1:35 Your Stroke	EN1	
	{1 x 100 on 1:30 Your Stroke	EN1	
400	8 x 50 on 1:15 Stroke Drills	REC	
	2 on each stroke		
	8:10 AM 2,980 Meters - Stress Value = 29)	

Workout #1456 - Thursday, 19 July 2001 Group 3 - Taper 1 1 minute rest between sets

Meters	6:30 AM Start Set Description	EGY	WORK	SI	
	1 on 30:00 Stomach and Stretch		L	DF	
800	1 x 800 on 16:00 Choice	REC	S	CF	
180	12 x 15 on :30 Shooters	SP3	S	E	
	3x{3 x 50 on 1:15 Kick	EN2	K	CF	
	{3 x 50 on 1:00 Kick	EN2	K	CF	1
800	8 x 100 on 1:40 Lungbuster pulls	EN1	P	E	
	2x{3 x 200 on 3:00 Freestyle	EN1	S	E	
	{2 x 100 on 1:25 Freestyle	EN1	S	E	
	{1 x 50 on :40 Freestyle	EN1	S	E	
200	1 x 200 on 3:00 Stroke Drills	REC	D	C	
	8:30 AM 4,580 Meters - Stress Value	= 55	5		

Workout #1457 - Thursday, 19 July 2001 Group 3 - Taper 1 1 minute rest between sets

	6:30 AM Start			
Meters	Set Description	EGY	WORK	Š
=====	=======================================	===	====	=
	1 on 30:00 Stomach and Stretch		L	Ι
600	1 x 600 on 12:00 Choice	REC	S	C
180	12 x 15 on :30 Shooters	SP3	S	
	1x{4 x 100 on 2:30 Kick	EN2	K	(
	{3 x 100 on 2:20 Kick	EN2	K	C
	{2 x 100 on 2:10 Kick	EN2	K	(
1,200	3 x 400 on 6:00 Pulls	EN1	P	
	$1x{2 x 200 on 3:30 Individual Medley}$	EN1	S	
	{2 x 200 on 3:20 Individual Medley	EN1	S	
	{2 x 200 on 3:10 Individual Medley	EN1	S	
400	8 x 50 on 1:00 Stroke Drills	REC	D	
	8:31 AM 4,480 Meters - Stress Value =	= 53		

Workout #1458 - Thursday, 19 July 2001 Group 3 - Taper 2 1 minute rest between sets

	6:30 AM Start		
Meters	Set Description	EGY	WORK S
=====	=======================================	===	==== =
	1 on 30:00 Stomach and Stretch		LI
600	1 x 600 on 12:00 Choice	REC	S (
180	12 x 15 on :30 Shooters	SP3	S
	1x{4 x 100 on 2:30 Kick	EN2	K (
	{3 x 100 on 2:20 Kick	EN2	K (
	{2 x 100 on 2:10 Kick	EN2	K (

800	2	Х	400	on	6:45	5 Pull	ls		EN1	P
	1x{4	х	200	on	3:30	Indi	ividua	l Medley	EN1	S
	{ 6	Х	50	on	1:00	Your	Stroke	9	EN1	S
400	8	Х	50	on	1:15	Strol	ke Dri	lls	REC	D
	0.20	7\ 1\	4 3	980	Moto	~~ -	Ctrock	2 772 1110	- 10	

Workout #1460 - Thursday, 19 July 2001 Group 3 - Taper 2 1 minute rest between sets

	6:30 AM Start			
Meters	Set Description	EGY	WORK	S
=====	=======================================	===	====	=
	1 on 30:00 Stomach and Stretch		L	Γ
800	1 x 800 on 16:00 Choice	REC	S	C
180	12 x 15 on :30 Shooters	SP3	S	
	1x{6 x 50 on 1:15 Kick	EN2	K	C
	{5 x 50 on 1:00 Kick	EN2	K	C
	{4 x 50 on 1:05 Kick	EN2	K	C
800	8 x 100 on 1:45 Lungbuster pulls	EN1	P	
	$3x{1 \times 200 \text{ on } 4:00 \text{ Individual Medley}}$	EN1	S	
	{1 x 100 on 1:40 Freestyle	EN1	S	
	{1 x 100 on 1:45 Freestyle-build	EN1	S	
	{1 x 100 on 1:50 Freestyle-drill	EN1	D	
	8:25 AM 4,030 Meters - Stress Value =	= 50		

Workout #1459 - Thursday, 19 July 2001 Group 3 - Senior State 1 minute rest between sets

	6:30 AM Start	5011		_
Meters	Set Description	EGY	WORK	5
=====	=======================================	===	====	=
	1 on 30:00 Stomach and Stretch		L	Γ
600	1 x 600 on 16:00 Choice	REC	S	C
180	12 x 15 on :30 Shooters	SP3	S	
500	10 x 50 on 1:15 Kick	EN1	K	C
500	5 x 100 on 1:45 Lungbuster pulls	EN1	P	
	$2x{1 \times 200}$ on 4:00 Individual Medley	EN1	S	
	$\{1 \times 100 \text{ on } 1:40 \text{ Freestyle}$	EN1	S	
	$\{1 \times 100 \text{ on } 1:45 \text{ Freestyle-build} \}$	EN1	S	
	$\{1 \times 100 \text{ on } 1:50 \text{ Freestyle-drill}$	EN1	D	
	8:07 AM 2,780 Meters - Stress Value	= 30		

Workout #1461 - Thursday, 19 July 2001 Group 2 - All 1 minute rest between sets

	7:00	AM Start		
Meters	Se	et Description	EGY	WORF
	==	=======================================	===	====
	1	on 20:00 Stomach and Stretch		I
400	1	x 400 on 8:00 Swim-kick-pull-swim 1	REC	٤
150	1	0 x 15 on :30 Shooters	SP3	٤
600	2x{1	x 150 on 4:00 Kick	EN2	F
	{ 1	x 100 on 2:30 Kick	EN2	F
	{ 1	x 50 on 1:10 Kick	EN2	F
500	1	x 500 on 10:00 Pulls	EN1	E
1,000	1x{4	x 100 on 2:30 Breaststroke	EN1	٤
	{ 3	x 100 on 2:25 Breaststroke	EN2	٤
	{ 2	x 100 on 2:20 Breaststroke	EN2	٤
	{ 1	x 100 on 2:15 Breaststroke	EN2	٤
200	1	x 200 on 4:00 Stroke Drills	REC	Γ
	8:33	AM 2,850 Meters - Stress Value = 43	3	

Workout #1462 - Thursday, 19 July 2001 Group 2 - All 1 minute rest between sets

	7:00 AM Start			
Meters	Set Description	EGY	WORK	۶
=====	=======================================	===	====	=
	1 on 20:00 Stomach and Stretch		L	Γ
400	1 x 400 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :30 Backstroke	SP3	S	
400	8 x 50 on 1:20 Kick	EN2	K	C
500	5 x 100 on 2:15 Pulls	EN1	P	
1,200	2x{1 x 200 on 4:20 Backstroke	EN1	S	
	{2 x 100 on 2:10 Backstroke	EN1	S	
	{4 x 50 on 1:05 Backstroke	EN1	S	
200	1 x 200 on 4:00 Stroke Drills	REC	D	
	8:33 AM 2,850 Meters - Stress Value =	= 34		

Workout #1464 - Saturday, 21 July 2001 Group 3 - Taper 1 1 minute rest between sets

	6:30 AM Start		
Meters	Set Description	EGY	WOE
=====	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 12:00 Reverse IM drill	REC	
180	12 x 15 on :30 Shooters	SP3	
	3x{1 x 150 on 3:30 Kick	EN2	
	{1 x 100 on 2:20 Kick	EN2	
	{1 x 50 on 1:10 Kick	EN2	
1,000	1 x 1000 on 15:00 Pulls	EN1	
1,000	2 x 500 on 7:00 Pulls	EN1	
600	6 x 100 on 1:30 Descend to Ludicrous	EN2	
	speed!!!!		
300	6 x 50 on 1:00 Stroke Drills	REC	
	8:29 AM 4,580 Meters - Stress Value = 63	3	

Workout #1463 - Saturday, 21 July 2001 Group 3 - Taper 2 1 minute rest between sets

	6:30 AM Start		
Meters	Set Description	EGY	WORK
=====		===	====
	1 on 30:00 Stomach and Stretch		L
600	1 x 600 on 12:00 Reverse IM drill	REC	D
180	12 x 15 on :30 Shooters	SP3	S
	2x{1 x 150 on 3:30 Kick	EN2	K
	{1 x 100 on 2:20 Kick	EN2	K
	{1 x 50 on 1:10 Kick	EN2	K
700	1 x 700 on 12:00 Pulls	EN1	P
300	6 x 50 on :50 Freestyle	EN1	S
200	1 x 200 on 8:00 Broken IM 10,20,30	SP2	S
100	1 x 100 on 6:00 Broken free 25 sec	SP2	S
	rest at the 50		
800	8 x 100 on 2:00 Stroke Drills	REC	D
	8:26 AM 3,480 Meters - Stress Value =	65	

Workout #1465 - Saturday, 21 July 2001 Group 2 - All

1 minute rest between sets

	7:00 AM Start			
Meters	Set Description	EGY	WORK	٤
=====	=======================================	===	====	=
	1 on 20:00 Stomach and Stretch		L	Ι
400	1 x 400 on 10:00 Choice	REC	S	(
180	12 x 15 on :30 Shooters	SP3	S	
600	3 x 200 on 5:00 Kick	EN2	K	(
	1x{4 x 50 on 1:15 Pulls	EN1	P	
	{4 x 50 on 1:10 Pulls	EN1	P	

	{ 4	x 50 on 1:05 Pulls	EN1	P
	2x{1	x 200 on 4:30 Individual Medley	EN1	S
	{ 3	x 50 on 1:15 Stroke	EN1	S S
200	1	x 200 on 3:00 Stroke Drills	REC	D
	8 • 30	AM 2 680 Meters - Stress Value :	= 34	

Workout #1468 - Monday, 23 July 2001 Group 3 - Taper 1 1 minute rest between sets

	6:30 AM Start		
Meters	Set Description	EGY	WOF
=====	=======================================	= ===	===
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 12:00 Choice	REC	
180	12 x 15 on :30 Shooters	SP3	
	3x{2 x 100 on 2:20 Kick	EN1	
	{1 x 100 on 2:00 Kick	EN2	
900	6 x 150 on 2:30 Pulls mid 50 br ev 9	EN1	
	$1x\{2 \times 200 \text{ on } 3:30 \text{ Freestyle}$	EN1	
	{2 x 200 on 3:25 Freestyle	EN1	
	{2 x 200 on 3:20 Freestyle	EN1	
	{2 x 200 on 3:15 Freestyle	EN1	
200	4 x 50 on 1:15 Stroke Drills	REC	
	8:30 AM 4,380 Meters - Stress Value = 4	18	

Workout #1467 - Monday, 23 July 2001 Group 3 - Taper 2 1 minute rest between sets

	6:30 AM Start			
Meters	Set Description	EGY	WORK	STK
	=======================================	===	====	===
	1 on 30:00 Stomach and Stretch		L	DRY
600	1 x 600 on 12:00 Choice	REC	S	СНО
180	12 x 15 on :30 Shooters	SP3	S	FR
500	5 x 100 on 2:20 Kick	EN1	K	СНО
500	2 x 250 on 4:00 Pulls	EN1	P	FR
	$1x{2 x 200 on 3:30 Freestyle}$	EN1	S	FR
	{2 x 200 on 3:25 Freestyle	EN1	S	FR
	$\{2 \times 200 \text{ on } 3:20 \text{ Freestyle} \}$	EN1	S	FR
	$\{2 \times 200 \text{ on } 3:15 \text{ Freestyle} \}$	EN1	S	FR
200	4×50 on 1:15 Stroke Drills	REC	D	CD
	8:15 AM 3,580 Meters - Stress Val	ue =	36	

Workout #1466 - Monday, 23 July 2001 Group 3 - Sectional 1 minute rest between sets

Meters	6:30 AM Start Set Description	EGY	WORK	STK	P#
=====		===	====	===	===
	1 on 30:00 Stomach and Stretch		L	DRY	
400	1 x 400 on 12:00 Choice	REC	S	CHO	3:
180	12 x 15 on :30 Shooters	SP3	S	FR	3:
400	4 x 100 on 2:30 Kick	EN1	K	CHO	2:
400	1 x 400 on 7:00 Pull	EN1	P	FR	1:
1,200	12 x 100 on 2:15 Stroke Drills	REC	D	IM	2:
	3 on each stroke				

8:06 AM 2,580 Meters - Stress Value = 16

150

200

Workout #1469 - Monday, 23 July 2001 Group 2 - All

1 minute rest between sets

7:00 PM Start Meters Set Description EGY WORK STK _____________________________________ ===== 1 on 20:00 Stomach and Stretch 5 x 100 on 2:30 Stroke Drills REC D FR 500 10 x 15 on :30 Shooters SP3 S FR EN2 K CHO 1x{3 x 50 on 1:30 Kick EN2 EN2 к сно {3 x 50 on 1:20 Kick {2 x 50 on 1:10 Kick EN2 K CHO 1 x 500 on 10:00 Pull EN1 P FR 1x{1 x 250 on 6:00 Freestyle EN1 S FR {1 x 200 on 4:30 Freestyle EN1 S FR {1 x 150 on 3:15 Freestyle EN1 S FR 500

1 x 200 on 4:00 Stroke Drills REC D CD

EN1

EN1

EN2

S FR S FR

S FR

Workout #1470 - Tuesday, 24 July 2001

8:31 PM 2,650 Meters - Stress Value = 31

{1 x 100 on 2:05 Freestyle

 $\{1 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$

3 x 50 on 1:30 Freestyle

all 100% effort!!

Group 3 - Taper 1

1 minute rest between sets

	6:30 AM Start			
Meters	Set Description	EGY	WORK	٤
=====	=======================================	===	====	=
	1 on 30:00 Stomach and Stretch		L	Γ
600	1 x 600 on 12:00 Choice	REC	S	(
180	12 x 15 on :30 Shooters	SP3	S	
600	6 x 100 on 2:15 Kick	EN2	K	\subset
600	12 x 50 on :55 Pulls-nbbf&w	EN1	P	
	$4x{3 \times 100}$ on 1:45 Freestyle-descend	EN1	S	
	$\{4 \times 50 \text{ on } 1:00 \text{ Stroke Drills}$	EN1	D	$\overline{}$
200	1 x 200 on 5:00 Reverse IM drill	REC	D	
	8:30 AM 4,180 Meters - Stress Value =	= 50		

Workout #1473 - Tuesday, 24 July 2001

Group 3 - Taper 1

1 minute rest between sets

	6:30 AM Start		
Meters	Set Description	EGY	WOF
	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{4 x 50 on 1:10 Kick	EN2	
	{4 x 50 on 1:05 Kick	EN2	
	{4 x 50 on 1:00 Kick	EN2	
600	6 x 100 on 1:40 Lungbuster pulls	EN1	
	odds br 5-7 evens7-9		
	2x{2 x 100 on 1:30 Freestyle	EN1	
	{2 x 50 on 1:00 Your Stroke-no free	EN1	
	$1x{1 x 200 on 3:00 Freestyle}$	EN1	
	$\{4 \times 50 \text{ on } : 35 \text{ Freestyle} \}$	EN2	
	{1 x 200 on 2:50 Freestyle	EN1	
	$\{4 \times 50 \text{ on } : 40 \text{ Freestyle}$	EN2	
	{1 x 200 on 2:40 Freestyle	EN2	
	$\{4 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	
	{1 x 200 on 2:30 Freestyle	EN2	
	$\{4 \times 50 \text{ on } : 50 \text{ Freestyle}$	EN1	
	{1 x 200 on 2:20 Freestyle	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
	8:27 AM 4,680 Meters - Stress Value = 63	1	

1 minute rest between sets

	6:30 AM Start		
Meters	Set Description	EGY	WOF
	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{4 x 50 on 1:20 Kick	EN2	
	{4 x 50 on 1:10 Kick	EN2	
	{2 x 50 on 1:00 Kick	EN2	
600	6 x 100 on 1:40 Lungbuster pulls	EN1	
	odds br 5-7 evens7-9		
	2x{2 x 100 on 1:30 Freestyle	EN1	
	{2 x 50 on 1:00 Your Stroke-no free	EN1	
200	2 x 100 on 6:00 Broken at the 50	SP2	
	#1 R.10 sec #2 R. 20		
400	1 x 400 on 8:00 Stroke Drills	REC	
	8:16 AM 3,080 Meters - Stress Value = 53	3	
	W 1 4 11 455 T 1 24 X 1 2001		

Workout #1475 - Tuesday, 24 July 2001 Group 3 - Taper 2 1 minute rest between sets

6:30 AM Start

0:30 AM Start			
Set Description	EGY	WORK	٤
=======================================	===	====	=
1 on 30:00 Stomach and Stretch		L	Γ
1 x 400 on 12:00 Choice	REC	S	C
12 x 15 on :30 Shooters	SP3	S	
1 x 300 on 8:00 Kick	EN1	K	C
8 x 50 on 1:00 Pulls-nbbf&w	EN1	P	
$3x{3 \times 100}$ on 1:45 Freestyle-descend	EN1	S	
{4 x 50 on 1:00 Stroke Drills	EN1	D	C
1 x 200 on 5:00 Reverse IM drill	REC	D	
8:12 AM 2,980 Meters - Stress Value =	= 32		
	Set Description	Set Description EGY	Set Description EGY WORK 1 on 30:00 Stomach and Stretch L 1 x 400 on 12:00 Choice REC S 12 x 15 on :30 Shooters SP3 S 1 x 300 on 8:00 Kick EN1 K 8 x 50 on 1:00 Pulls-nbbf&w EN1 P 3x{3 x 100 on 1:45 Freestyle-descend EN1 S S 4 x 50 on 1:00 Stroke Drills EN1 D 1 x 200 on 5:00 Reverse IM drill REC D

Workout #1471 - Tuesday, 24 July 2001 Group 3 - Sectional

1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WOI
=====	=======================================	===	==:
	1 on 30:00 Stomach and Stretch		
400	1 x 400 on 12:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
300	6 x 50 on 1:10 Kick	EN1	
300	3 x 100 on 1:40 Lungbuster pulls	EN1	
	br 5-7		
	$4x{2 x 100 on 1:30 Freestyle}$	EN1	
	{2 x 50 on 1:00 Your Stroke-no free	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	7:59 AM 2,580 Meters - Stress Value = 2	7	

Workout #1472 - Tuesday, 24 July 2001 Group 3 - Taper 2

Workout #1474 - Tuesday, 24 July 2001 Group 3 - Sectional 1 minute rest between sets

	6:30 AM Start			
Meters	Set Description	EGY	WORK S	Ξ
=====	=======================================	===	==== =	=
	1 on 30:00 Stomach and Stretch		L I	Ι
400	1 x 400 on 12:00 Choice	REC	S	-
180	12 x 15 on :30 Shooters	SP3	S	
300	1 x 300 on 8:00 Kick	EN1	K	(
300	6 x 50 on 1:00 Pulls-nbbf&w	EN1	P	
	$3x{1 \times 100 \text{ on } 1:40 \text{ Freestyle}}$	EN1	S	
	{2 x 50 on 1:00 Stroke Drills	EN1	D (-
	{1 x 200 on 3:30 Individual Medley	EN1	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	8:02 AM 2,580 Meters - Stress Value =	= 27		

Workout #1476 - Tuesday, 24 July 2001 Group 2 - All

1 minute rest between sets

	7:00 AM Start			
Meters	Set Description	EGY	WORK	č
	=======================================	===	====	=
	1 on 20:00 Stomach and Stretch		L	Ι
300	1 x 300 on 7:00 Stroke Drills	REC	D	
180	12 x 15 on :30 Shooters	SP3	S	E
600	4 x 150 on 4:00 Kick	EN2	K	C
400	8 x 50 on 1:15 Pulls-nbbf&w	EN1	P	
	2x{1 x 200 on 5:00 Backstroke	EN1	S	
	{3 x 50 on 1:30 Backstroke-descend	EN2	S	
	$\{1 \times 100 \text{ on } 3:00 \text{ Stroke Drills}$	REC	D	
200	1 x 200 on 4:00 Stroke Drills	REC	D	
	8:33 AM 2,580 Meters - Stress Value =	= 36		

Workout #1478 - Thursday, 26 July 2001 Group 3 - Taper 1 1 minute rest between sets

	6:30	AM Start		
Meters	Se	et Description	EGY	WORF
	==		===	====
	1	on 30:00 Stomach and Stretch		I
400	1	x 400 on 8:00 Swim-kick-pull-swim	REC	٤
180	12	2 x 15 on :30 Shooters	SP3	٤
	1x{2	x 100 on 2:30 Kick	EN1	F
	{ 2	x 100 on 2:20 Kick	EN2	F
	{ 2	x 100 on 2:10 Kick	EN2	F
	1x{4	x 150 on 2:30 Pulls	EN1	E
	{ 3	x 100 on 1:35 Pulls	EN1	E
	{ 2	x 50 on :45 Pulls	EN1	E
	3x{3	x 50 on 1:00 Freestyle	EN1	٤
	{ 3	x 50 on :55 Freestyle	EN1	٤
	{ 3	x 50 on :50 Freestyle	EN1	٤
	{ 3	x 50 on :45 Freestyle	EN1	٤
	{ 1	on :30 Rest		ŀ
400	4	x 100 on 2:00 Stroke Drills	REC	Ι

Workout #1477 - Thursday, 26 July 2001 Group 3 - Taper 2 1 minute rest between sets

8:31 AM 4,380 Meters - Stress Value = 45

	6:30 AM Start		
Meters	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 30:00 Stomach and Stretch		I
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	٤
180	12 x 15 on :30 Shooters	SP3	٤
	1x{2 x 100 on 2:30 Kick	EN1	ľ
	{2 x 100 on 2:20 Kick	EN2	F

	1x{2	X	150 on 2:30 Pulls	EN1	E
	{ 2	Х	150 on 2:20 Pulls	EN1	E
	1x{3	Х	50 on 1:00 Freestyle	EN1	٤
	{ 3	Х	50 on :55 Freestyle	EN1	٤
	{ 3	Х	50 on :50 Freestyle	EN1	S
	{ 3	Х	50 on :45 Freestyle	EN1	S
900	9	Х	100 on 2:15 Stroke Drills	REC	Γ
	8:11	Αl	4 3,080 Meters - Stress Value =	28	

Workout #1479 - Thursday, 26 July 2001 Group 2 - All

Meters	7:00 AM Start Set Description	EGY	MOI
Meters	set Description	EGI	WOI
=====		===	===
	1 on 20:00 Stomach and Stretch		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :30 Shooters	SP3	
	1x{2 x 50 on 1:30 Kick	EN1	
	{2 x 50 on 1:25 Kick	EN1	
	{2 x 50 on 1:20 Kick	EN1	
400	4 x 100 on 2:00 Pulls	EN1	
	$1x\{1 \times 200 \text{ on } 6:00 \text{ Breaststroke}$	EN1	
	{2 x 150 on 4:15 Breaststroke	EN1	
	{3 x 100 on 2:40 Breaststroke	EN1	
	{4 x 50 on 1:15 Breaststroke	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	8:29 AM 2,450 Meters - Stress Value = 24	4	

Workout #1480 - Monday, 30 July 2001 Group 3 - All 1 minute rest between sets

	6:30 AM Start		
Meters	Set Description	EGY	WOF
		===	===
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	2x{1 x 150 on 3:45 Kick	EN2	
	{1 x 100 on 2:20 Kick	EN2	
	{1 x 50 on 1:05 Kick	EN2	
600	6 x 100 on 1:40 Lungbuster pulls	EN1	
	odds br 5-7 evns 4-6		
300	6 x 50 on :50 Freestyle	EN1	
	1x{2 x 200 on 3:15 Freestyle	EN1	
	{2 x 200 on 3:10 Freestyle	EN1	
	{2 x 200 on 3:05 Freestyle	EN1	
	{1 x 200 on 3:00 Freestyle	EN1	
150	1 x 150 on 3:00 Stroke Drills	REC	
	1 on 10:00 Sharks and minows		
	8:33 AM 4,030 Meters - Stress Value = 45	5	

Workout #1481 - Monday, 30 July 2001 Group 2 - All 1 minute rest between sets

Meters	7:00 AM Start Set Description	E	GY WOF	
	=======================================			
	1 on 20:00 Stomach and Stret	ch		
400	1 x 400 on 10:00 Swim-kick-p	ull-swim R	REC	
150	10×15 on :30 Shooters	S	3P3	
	1x{2 x 100 on 2:30 Kick	E	IN2	
	{2 x 100 on 2:20 Kick	E	IN2	
	{1 x 100 on 2:10 Kick	E	IN2	
500	10 x 50 on 1:15 Pulls	E	IN1	
	$1x{2 x 150 on 3:00 Freestyle}$	E	IN1	
	$\{2 \times 150 \text{ on } 2:50 \text{ Freestyle}$	E	IN1	
	$\{2 \times 150 \text{ on } 2:40 \text{ Freestyle} \}$	E	IN1	
	1 on 10:00 Sharks and minnow	S		
	8:31 AM 2,450 Meters - Stress V	alue = 32		

Workout #1482 - Tuesday, 31 July 2001 Group 3 - All 1 minute rest between sets

	6:30	ΑM	I St	cart					
Meters	Se	et	Desc	crip	otion		EGY	WORK	STK
=====	==	-==	====	-===			===	====	===
	1	on	30:	00	Stoma	ach and Stretch		L	DRY
800	1	Х	800	on	16:00) Choice	REC	S	CHO
180	12	2 x	: 15	on	:30 \$	Shooters	SP3	S	BR
	4x{1	Х	100	on	2:15	Kick	EN2	K	CHO
	{ 1	Х	100	on	2:00	Kick	EN2	K	CHO
	1x{1	Х	400	on	6:30	Pulls	EN1	P	FR
	{ 1	Х	400	on	6:15	Pulls	EN1	P	FR
	1x{1	Х	200	on	4:10	Breaststroke	EN1	S	BR
	{ 2	Х	150	on	3:00	Breaststroke	EN1	S	BR
	{ 3	Х	100	on	1:55	Breaststroke	EN1	S	BR
	{ 4	Х	50 0	on :	:55 Bi	reaststroke	EN1	S	BR
200	1	Х	200	on	4:00	Stroke Drills	REC	D	CD
	1	on	10:	00	Piged	on	EN1	S	
	8:31	AM	13,7	780	Mete	rs - Stress Valı	ie =	44	

Workout #1483 - Tuesday, 31 July 2001 Group 2 - All 1 minute rest between sets

7:00 AM Start EGY WORK STK Meters Set Description ___________ 1 on 20:00 Stomach and Stretch 400 1 x 400 on 10:00 Stroke Drills REC D CD 10 x 15 on :30 Shooters SP3 {1 x 100 on 3:00 Kick EN2 S BR K CHO 150 $1x{1 x 100 on 3:00 Kick}$ EN2 K CHO {1 x 100 on 2:50 Kick {1 x 100 on 2:40 Kick EN2 K CHO EN2 K CHO {1 x 100 on 2:30 Kick 3 x 200 on 4:00 Pulls $1x\{4 \times 50 \text{ on } 1:30 \text{ Breaststroke} \}$ EN1 S BR 600 {2 x 50 on 1:10 Breaststroke EN1 S BR {1 x 50 on 1:00 Breaststroke EN1 S BR 200 1 x 200 on 4:00 Stroke Drills REC D CD 1 on 9:00 Pigeon

Workout #1484 - Wednesday, 01 August 2001 Group 3 - All

8:30 AM 2,250 Meters - Stress Value = 27

1 minute rest between sets

1 on 30:00 Stomach and Stre	etch	LΙ
800 1 x 800 on 16:00 Reverse IM	M drill REC	D
180	SP3	SF
$2x{1 x 200 on 5:00 Kick}$	EN1	K C
$\{4 \times 50 \text{ on } 1:10 \text{ Sprint kick}$	EN2	K C
750 3 x 250 on 3:45 Pulls	EN1	P
200 1 x 200 on 3:00 Freestyle-b	ouild EN1	S
$1x{4 \times 100 \text{ on } 1:50 \text{ Backstroke}}$	EN1	S
{4 x 100 on 1:45 Backstroke	EN1	S
{4 x 100 on 1:40 Backstroke	EN1	S
1 on 10:00 Water polo		S
8:33 AM 3,930 Meters - Stress	Value = 44	

Workout #1485 - Thursday, 02 August 2001 Group 3 - All 1 minute rest between sets

6:30 AM Start

Meters	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	2x{1 x 100 on 2:30 Kick	EN2	
	{1 x 100 on 2:25 Kick	EN2	
	{1 x 100 on 2:20 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	1x{2 x 100 on 1:45 Lungbuster pulls	EN1	
	{ breathe 4-5		
	{2 x 100 on 1:40 Lungbuster pulls	EN1	
	{ breathe 5-6		
	{2 x 100 on 1:35 Lungbuster pulls	EN1	
	{ breathe 6-7		
	{2 x 100 on 1:30 Lungbuster pulls	EN1	
	{ breathe 7-8		
300	6×50 on :55 Descend in sets of 3	EN1	
	1x{2 x 200 on 3:30 Individual Medley	EN1	
	{2 x 200 on 3:20 Individual Medley	EN1	
	{2 x 200 on 3:10 Individual Medley	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	8:30 AM 4,280 Meters - Stress Value = 4	7	

Workout #1486 - Thursday, 02 August 2001 Group 2 - All

1 minute rest between sets

	7:00 AM Start		
Meters	Set Description	EGY	WOF
=====		===	===
	1 on 20:00 Stomach and Stretch		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :30 Shooters	SP3	
600	6 x 100 on 2:30 Kick	EN2	
	1x{1 x 50 on 1:00 Pulls	EN1	
	{1 x 100 on 2:00 Pulls	EN1	
	{1 x 150 on 3:00 Pulls	EN1	
	{1 x 200 on 4:00 Pulls	EN1	
	$1x{3 x 50 on 1:30 Butterfly}$	EN1	
	$\{3 \times 50 \text{ on } 1:25 \text{ Butterfly} \}$	EN1	
	{3 x 50 on 1:20 Butterfly	EN1	
	${3 \times 50 \text{ on } 1:15 \text{ Butterfly}}$	EN1	
300	1 x 300 on 8:00 Stroke Drills	REC	
	8:30 AM 2,550 Meters - Stress Value = 3	3	

Workout #1487 - Friday, 03 August 2001 Group 3 - All 1 minute rest between sets

Workout #1490 - Wednesday, 08 August 2001 Group 3 - All 1 minute rest between sets

	6:30 AM Start					6:3	0	AM	St	art				
Meters	Set Description	EGY	WORK	STK	Meters		Se	t D	esc	rip	tion	EGY	WORK	STK
=====	=======================================	===	====	===	=====		==	===	-===			===	====	===
	1 on 30:00 Stomach and Stretch		L	DRY			1	on	30:	00	Stomach and Stretch		L	DRY
800	1 x 800 on 16:00 Choice	REC	S	CHO	800		1	x 8	300	on	16:00 Choice	REC	S	CHO
180	12 x 15 on :30 Shooters	SP3	S	CHO	180		12	X	15	on	:30 Shooters	SP3	S	BR
	1x{1 x 100 on 2:00 Kick	EN2	K	CHO		2x{	1	x 1	.50	on	3:30 Kick	EN2	K	CHO
	{1 x 50 on 1:15 Kick	EN2	K	CHO		{	1	x 1	.00	on	2:20 Kick	EN2	K	CHO
	{1 x 100 on 2:10 Kick	EN2	K	CHO		{	1	x 5	50 o	n 1	:10 Kick	EN2	K	CHO
	{2 x 50 on 1:10 Kick	EN2	K	CHO		1x{	2	x 2	200	on	3:20 Pulls	EN1	P	FR
	{1 x 100 on 2:20 Kick	EN2	K	CHO		{	2	x 1	.00	on	1:40 Pulls	EN1	P	FR
	{3 x 50 on 1:05 Kick	EN2	K	CHO		{	2	x 5	0 o	n:	50 Pulls	EN1	P	FR
	{1 x 100 on 2:30 Kick	EN2	K	CHO		1x{	4	x 1	.00	on	2:00 Breaststroke	EN1	S	BR
	1x{1 x 400 on 6:00 Pulls	EN1	P	FR		{	3	x 1	.00	on	1:55 Breaststroke	EN1	S	BR
	{1 x 300 on 4:45 Pulls	EN1	P	FR		{	2	x 1	.00	on	1:50 Breaststroke	EN1	S	BR
	{1 x 200 on 3:20 Pulls	EN1	P	FR		{	1	x 1	00	on	1:45 Breaststroke	EN1	S	BR
	{1 x 100 on 1:45 Pulls	EN1	P	FR		{	4	x 5	50 o	n 1	:10 Breaststroke	EN1	S	BR
	$3x{4 \times 50 \text{ on :55 Butterfly}}$	EN2	S	FLY		{	3	x 5	50 o	n 1	:05 Breaststroke	EN1	S	BR
	{1 x 100 on 2:00 Freestyle	REC	S	FR		{	2	x 5	50 o	n 1	:00 Breaststroke	EN1	S	BR
400		REC	D	CD		{	1	x 5	50 o	n:	55 Breaststroke	EN1	S	BR
	8:22 AM 3,980 Meters - Stress Valu		45		200	•					3:00 Choice	REC	S	
	.,										Meters - Stress Valu		43	

Workout #1488 - Monday, 06 August 2001 Group 3 - All

1 minute rest between sets

Workout #1491 - Thursday, 09 August 2001 Group 3 - All 1 minute rest between sets

					i illinute i est between	. SCLS
	6:30 AM Start					
Meters	Set Description	EGY	WOF		6:30 AM Start	
=====		===	===	Meters	Set Description	EGY WOF
	1 on 30:00 Stomach and Stretch			=====	=======================================	
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC		800	1 x 800 on 16:00 Swim-k	ick-pull-swim REC
180	12 x 15 on :30 Shooters	SP3		180	12×15 on :30 Shooters	SP3
	1x{5 x 50 on 1:15 Kick	EN2		800	4 x 200 on 4:40 Kick	EN2
	{5 x 50 on 1:10 Kick	EN2			1x{2 x 100 on 1:45 Pulls	EN1
	{4 x 50 on 1:05 Kick	EN2			$\{2 \times 100 \text{ on } 1:40 \text{ Pulls} \}$	EN1
800	1 x 800 on 13:00 Pulls	EN1			$\{2 \times 100 \text{ on } 1:35 \text{ Pulls}$	EN1
2,000	10 x 200 on 3:15 Challenge set	EN2			$\{2 \times 100 \text{ on } 1:30 \text{ Pulls} \}$	EN1
200	1 x 200 on 4:00 Stroke Drills	REC			$2x{3 \times 50 \text{ on } 1:00 \text{ Freestyl}}$	e EN1
	8:34 AM 4,680 Meters - Stress Value = 7	7			${3 \times 50 \text{ on :} 55 \text{ Freestyle}}$	EN1
					${3 \times 50 \text{ on } :50 \text{ Freestyle}}$	EN1
	Workout #1489 - Tuesday, 07 August 2001				${3 \times 50 \text{ on :} 45 \text{ Freestyle}}$	EN1
	•			300	3 x 100 on 1:45 Descend	EN2
	Group 3 - All			200	1 x 200 on 3:00 Stroke	Drills REC
	1 minute rest between sets				8:00 AM 4,280 Meters - Str	ess Value = 53

	6:30	AM Start		
Meters	Se	et Description	EGY	WORF
=====	==		===	====
	1	on 30:00 Stomach and Stretch		I
800	1	x 800 on 15:00 Reverse IM drill	REC	Ι
180	12	2 x 15 on :30 Shooters	SP3	٤
	1x{3	x 100 on 2:05 Kick	EN2	ľ
	{ 1	x 50 on 1:30 Kick	EN2	ŀ
	{ 3	x 100 on 2:10 Kick	EN2	ŀ
	{ 1	x 50 on 1:30 Kick	EN2	ŀ
	1x{5	x 50 on 1:00 Pulls no br L.10 yds	EN1	E
	{ 5	x 50 on :55 Pulls no br L.15 yds	EN1	E
	{ 4	x 50 on :50 Pulls no br L.20 yds	EN1	F
300	3	x 100 on 1:45 Descend	EN1	
	1x{1	x 200 on 4:00 Backstroke	EN1	
	{ 3	x 50 on 1:00 Backstroke-descend	EN1	٤
	{ 1	x 200 on 3:50 Backstroke	EN1	
	{ 3	x 50 on 1:00 Backstroke-descend	EN1	
	{ 1	x 200 on 3:40 Backstroke	EN1	٤
	{ 3	x 50 on 1:00 Backstrok-descend		
	{ 1	x 200 on 3:30 Backstroke	EN1	٤
200	1	x 200 on 4:00 Stroke Drills	REC	Ι
	8:30	AM 4,130 Meters - Stress Value = 4	7	

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Workout #1492 - Monday, 17 September 2001 Group 3 - All 1 minute rest between sets

	6:30 P	M Start		
Yards	Set	Description	EGY	WORF
=====	===		===	====
	1 0	n 30:00 Stomach and Stretch		I
800	8 x	100 on 2:15 Stroke Drills	REC	Ι
	1 0	n 20:00 Techniques-TN turns		Γ
150	10	x 15 on :45 Shooters	SP3	٤
450	9 x	50 on 1:15 Kick evens w/out brd	EN1	ľ
	1x{2 x	25 on :30 Pulls	EN1	E
	{2 x	50 on :55 Pulls	EN1	E
	{2 x	75 on 1:15 Pulls	EN1	E
	{2 x	100 on 1:35 Pulls	EN1	E
	{2 x	150 on 2:15 Pulls	EN1	E
	{ od	d #'s br every 5		
	1x{3 x	50 on 1:00 Freestyle	EN1	٤
	{3 x	25 on :30 Butterfly	EN1	٤
	{3 x	50 on :55 Freestyle	EN1	-
	{3 x	25 on :30 Backstroke	EN1	٤
	{3 x	50 on :50 Freestyle	EN1	۶
	{3 x	25 on :30 Breaststroke	EN1	۶
	{3 x	50 on :45 Freestyle	EN1	٤
	{3 x	25 on :30 Freestyle	EN1	٤
300	1 x	300 on 5:00 Stroke Drills	REC	Ι

Workout #1493 - Tuesday, 18 September 2001 Group 3 - All

8:38 PM 3,400 Yards - Stress Value = 30

1 minute rest between sets

Yards	5:15 PM Start Set Description	EGY	WORF
=====	1 05 00 01 1 1 2 2	===	====
	1 on 25:00 Stomach and Stretch		Ι
800		REC	٤
	1 on 20:00 Techniques-TN turns		Γ
180	12 x 15 on :30 Shooters	SP3	
	2x{1 x 150 on 3:30 Kick	EN1	ŀ
	{1 x 100 on 2:20 Kick	EN2	F
	{1 x 50 on 1:10 Kick	EN2	ľ
	1x{4 x 75 on 1:20 Pulls br 2-3-4	EN1	E
	$\{4 \times 75 \text{ on } 1:15 \text{ Pulls br } 3-4-5$	EN1	E
	{4 x 75 on 1:10 Pulls br 4-5-6	EN1	E
	1x{3 x 50 on 1:00 Freestyle	EN1	٤
	{3 x 25 on :30 Butterfly	EN1	٤
	{3 x 50 on :55 Freestyle	EN1	
	•	EN1	
	·	EN1	
	•	EN1	
	•	EN1	
	•		
		EN1	
250		REC	Ι
	7:20 PM 3,630 Yards - Stress Value = 3	7	

Workout #1494 - Wednesday, 19 September 2001 Group 3 - All

1 minute rest between sets

	6:30 PM Start		
Yards	Set Description	EGY	WORK
=====	=======================================	===	====
	1 on 25:00 Stomach and Stretch		L
	2x{1 x 100 on 1:50 Free L.25 build	EN1	S
	$\{1 \times 100 \text{ on } 1:50 \text{ Free L. } 50 \text{ build } \}$	EN1	S
	$\{1 \times 100 \text{ on } 1:50 \text{ Free L. } 75 \text{ build }$	EN1	S
	{1 x 100 on 1:50 Free 85% effort	EN2	S
	1 on 15:00 Techniques-TN trn dr		D
180	12 x 15 on :45 Shooters	SP3	S
	1x{6 x 25 on :45 Kick	EN1	S
	{5 x 25 on :40 Kick	EN1	K

	{ 4	Х	25 on :35 Kick	EN2	K
	{ 3	Х	25 on :30 Kick	EN2	K
	{ 1	Х	100 on 3:00 Kick-for time	EN2	K
	1x{3	Х	100 on 1:40 Pulls L.25 4 brths	EN1	P
	{ 3	Х	100 on 1:40 Pulls L.25 3 brths	EN1	P
	{ 3	Х	100 on 1:40 Pulls L.25 2 brths	EN1	P
	1x{1	Х	100 on 1:30 Freestyle	EN1	S
	{ 2	Х	50 on :50 Freestyle	EN1	S
	{ 4	Х	25 on :30 Freestyle	EN1	S
	{ 1	Х	100 on 1:25 Freestyle	EN1	S
	{ 2	Х	50 on :45 Freestyle	EN1	S
	{ 4	Х	25 on :25 Freestyle	EN1	S
	{ 1	Х	100 on 1:20 Freestyle	EN1	S
	{ 2	Х	50 on :40 Freestyle	EN1	S
	{ 4	Х	25 on :20 Freestyle	EN1	S
300	6	Х	50 on 1:00 Stroke Drills	REC	D
	8:29	PN	43,630 Yards - Stress Value = 4	14	

Workout #1495 - Thursday, 20 September 2001 Group 3 - All

1 minute rest between sets

5:15 PM Start

Set Description

Yards

=====

1 on 25:00 Stomach and Stretch		L
$1x{1 \times 300 \text{ on } 6:00 \text{ Reverse IM drill}}$	REC	D
{1 x 200 on 4:00 Individual Medle	y REC	D
{1 x 100 on 2:00 Individual Medle	y REC	D
$\{6 \times 50 \text{ on } : 50 \text{ Descend in sets of } \}$	3 EN1	S
1 on 10:00 Techniques-Stanford		D
turn drills		
150	SP3	S
4x{1 x 100 on 2:20 Kick	EN1	K
{1 x 100 on 1:50 Kick	EN2	K
$1x{1 \times 300 \text{ on } 4:30 \text{ Pulls}}$	EN1	P
{1 x 200 on 3:10 Pulls	EN1	P
$\{1 \times 100 \text{ on } 1:40 \text{ Pulls}$	EN1	P
200 1 x 200 on 3:00 Freestyle-build	EN1	S
$1x{3 x 150 on 2:30 Freestyle}$	EN1	S
{3 x 150 on 2:20 Freestyle	EN1	S
{3 x 150 on 2:10 Freestyle	EN1	S
300 12 x 25 on :40 Stroke Drills	REC	D
7:17 PM 4,300 Yards - Stress Value	= 41	

Workout #1496 - Friday, 21 September 2001 Group 3 - All

1 minute rest between sets

1 on 20:00 Stomach and Stretch

4:30 AM Start

Set Description

Yards

=====

1 on 10:00 Sculling drills	REC	D	CF
1 on 8:00 Techniques-finishes		D	F
210	SP3	S	F
1 on 18:00 Brick game	EN1	D	CF
600 6 x 100 on 1:40 Lungbuster pulls	EN1	Ρ	F
odds br 3-5-7-9			
evens br 2-4-6-8			
$2x{1 x 50 on 1:00 Freestyle}$	EN1	S	F
$\{1 \times 50 \text{ on } :55 \text{ Freestyle } \}$	EN1	S	F
$\{1 \times 50 \text{ on } : 50 \text{ Freestyle} \}$	EN1	S	F
$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	S	F
$\{1 \times 50 \text{ on } : 40 \text{ Freestyle } \}$	EN1	S	F
$\{1 \times 50 \text{ on } : 35 \text{ Freestyle } \}$	EN1	S	F
{1 on :45 Rest		М	
200	REC	D	C
6:00 AM 1,610 Yards - Stress Value =	= 20		

6:30 PM Start

Workout #1497 - Saturday, 22 September 2001 Group 3 - All 1 minute rest between sets

Workout #1500 - Wednesday, 26 September 2001 Group 3 - All 1 minute rest between sets

	7:00 AM Start						
Yards	Set Description	EGY	WORK S		6:30 PM Start		
=====		===	==== =	Yards	Set Description	EGY	WORF
	1 on 25:00 Stomach and Stretch		LΙ	=====	=======================================	===	====
	2x{1 x 100 on 1:50 Freestyle	REC	S		1 on 30:00 Stomach and Stretch		I
	{1 x 100 on 1:40 Freestyle	EN1	S	800		REC	٤
	{1 x 100 on 1:30 Freestyle	EN1	S		1 on 10:00 Techniques-finishes		Γ
	{1 x 100 on 1:20 Freestyle	EN2	S	250	<u>-</u>	SP3	٤
	1 on 10:00 Techniques-Stanford		D		3x{1 x 100 on 1:50 Kick	EN2	F
	turn drills				{1 x 75 on 1:25 Kick	EN2	F
180	12 x 15 on :30 Shooters	SP3	S		{1 x 50 on :55 Kick	EN2	F
750	15 x 50 on 1:00 Kick des in 3's	EN2	K		{1 x 25 on :30 Kick	EN2	F
	1x{3 x 125 on 2:00 Pulls	EN1	P		1x{1 x 500 on 7:15 Pulls	EN1	E
		EN1	P		$\{1 \times 500 \text{ on } 7:00 \text{ Pulls}$	EN1	E
	{2 x 125 on 1:50 Pulls	EN1	P		$\{1 \times 500 \text{ on } 6:45 \text{ Pulls}$	EN1	E
300	3 x 100 on 1:45 Individual Medley		S	300	6 x 50 on :45 Freestyle	EN1	٤
1,600	2	EN2	S		$1x{4 x 100 on 2:00 Breaststroke}$	EN1	٤
400		REC	D		$\{4 \times 75 \text{ on } 1:30 \text{ Breaststroke} \}$	EN1	٤
	9:07 AM 5,030 Yards - Stress Value =	75			$\{4 \times 50 \text{ on } 1:00 \text{ Breaststroke} \}$	EN1	٤
					{4 x 25 on :30 Breaststroke	EN1	٤
	Workout #1498 - Monday, 24 September 2001			400	1 x 400 on 6:00 Stroke Drills	REC	Ι
	Group 3 - All				8:43 PM 5,000 Yards - Stress Value = 53	i	

Group 3 - All

1 minute rest between sets

Workout #1501 - Thursday, 27 September 2001 Group 3 - All

Yards	Set Description	EGY WOF	1 minute rest between sets
800	1 on 30:00 Stomach and Stretch 16 x 50 on 1:00 Stroke Drills 4 on E 1 on 10:00 Techniques-finishes 14 x 25 on :30 Berzerks 2x{1 x 100 on 2:10 Kick {1 x 100 on 2:00 Kick {1 x 100 on 1:50 Kick {1 x 100 on 1:40 Kick 1x{3 x 200 on 3:00 Pulls {2 x 150 on 2:15 Pulls {1 x 100 on 1:30 Pulls	SP3 EN1 EN1 EN2 EN2 EN1 EN1 EN1 EN1	5:15 PM Start Yards Set Description EGY WOF 1 on 30:00 Stomach and Stretch 1x{9 x 100 on 1:40 Descend in sets of 3 EN1 {1 x 200 on 3:30 Individual Medley EN1 1 on 10:00 Techniques-starts 900 12 x 75 on 1:30 Kick odds all out EN2 1x{2 x 125 on 2:00 Pulls no br L. 5 yds EN1 {2 x 125 on 2:00 Pulls no br L.10 yds EN1 {2 x 125 on 2:00 Pulls no br L.15 yds EN1
150 300	<pre>1 x 150 on 2:30 1st 50 2 beat kick 2nd50 4 bk L. 50 6bk 8x{1 x 100 on 1:25 Individual Medley {1 x 50 on :40 Freestyle {1 x 50 on :55 Freestyle 1 x 300 on 5:00 Stroke Drills</pre>	EN1 EN2 EN2 REC REC	{2 x 125 on 2:00 Pulls no br L.20 yds EN1 200 1 x 200 on 3:00 6 strk fr 6 strk ba EN1 6 strk fly 6 strk br 6x{8 x 25 on :30 Fly odds drill evens EN1 { swim
	8:42 PM 5,000 Yards - Stress Value = 62		{1 on 1:00 Rest 400

Workout #1499 - Tuesday, 25 September 2001 Group 3 - All

1 minute rest between sets

7:34 PM 5,030 Yards - Stress Value = 53

Workout #1502 - Friday, 28 September 2001 Group 3 - All 1 minute rest between sets

	E 15 DW 01 1				1 minute Test between sets		
Yards	5:15 PM Start Set Description	EGY	WORK 5	Yards	4:30 PM Start Set Description	EGY	WORK
800	<pre>1 on 30:00 Stomach and Stretch 8 x 100 on 2:00 Stroke Drills odds free evens strk</pre>	REC		=====	1 on 30:00 Stomach and Stretch 1 on 10:00 Sculling drills	===	==== L D
180	1 on 10:00 Techniques-starts 12 x 15 on :30 Shooters 4x{2 x 50 on 1:00 Kick w/ board	SP3 EN2	D S K (750	14 x 15 on :30 Pit sprints 1 x 750 on 15:00 Vertical Kicking 10 x 50 on 1:00 Kick no board	SP3 EN2 EN1	S K K
	{2 x 50 on 1:10 Kick w/out board 1x{2 x 150 on 2:15 Pulls {2 x 150 on 2:10 Pulls	EN2 EN1 EN1	K P P	300	1 x 700 on 10:30 Pulls 12 x 25 on :30 Freestyle 1 x 400 on 20:00 Rabbit game 8 rounds	EN1 EN1 EN1	P S S
300	1x{8 x 75 on 1:20 Backstroke	EN1 EN1 EN1	P S S	200	1 x 200 on 3:00 Stroke Drill 6:28 PM 3,060 Yards - Stress Value = 4	REC 42	D
250	{8 x 75 on 1:15 Backstroke {8 x 75 on 1:10 Backstroke 5 x 50 on 1:00 Stroke Drills	EN1 EN1 REC	S S D				

Workout #1503 - Saturday, 29 September 2001 Group 3 - All 1 minute rest between sets				{4 x 50 on 1:00 Pulls only 4 brths EN {4 x 50 on :50 Pulls EN 1x{12 x 25 on :40 IM order EN	1 1
				{12 x 25 on :35 IM order EN {12 x 25 on :30 IM order EN	
7:00 AM Start				$\{12 \times 25 \text{ on } : 30 \text{ IM order}\}$ EN	
Yards Set Description		WORK	400	4 x 100 on 1:30 Descend to ludicrous EN	13
1 on 30:00 Stomach and Stretch $1x\{2 \times 100 \text{ on } 2:00 \text{ Reverse IM drill} $ $\{2 \times 100 \text{ on } 1:55 \text{ Reverse IM drill} \}$	REC REC REC	EEEE D	400	speed 8 x 50 on 1:00 Stroke Drills RE 7:29 PM 5,250 Yards - Stress Value = 84	C
·	REC	D		Workout #1506 - Wednesday, 03 October 2001	
	SP3	S		Group 3 - All	
1 on 10:00 Techniques-relay str		D		1 minute rest between sets	
•	EN2 EN2	K K		5 00 74 01	
·	EN2	K		6:00 PM Start S Set Description EGY WORK	CTV
·	EN2	K		1	
$6x{1 x 100 on 1:30 Pulls}$	EN1	P			DRY
	EN1	P		$2x\{1 \times 100 \text{ on } 1:35 \text{ Freestyle}$ REC S	FR
100 1 x 100 on 4:00 Freestyle for time	SP2 EN3	S		$\{1 \times 75 \text{ on } 1:10 \text{ Freestyle} $ EN1 S	
	REC	S D		{1 x 50 on :45 Freestyle EN1 S	
9:15 AM 4,030 Yards - Stress Value = 9		D		{1 x 75 on 1:15 Stroke non free EN1 S 1 on 10:00 Techniques-TN turns D	STK
	_		300	-	
Workout #1504 - Monday, 01 October 2001			300		CHO
Group 3 - All				•	СНО
1 minute rest between sets				1x{1 x 400 on 6:00 Pulls EN1 P	FR
1 minute Test between sets				{1 x 300 on 4:15 Pulls EN1 P	
6:00 PM Start				{1 x 200 on 2:40 Pulls EN1 P	
Yards Set Description	E	GY WO	F 300	$\{1 \times 100 \text{ on } 1\text{:}15 \text{ Pulls} \}$ EN1 P $6 \times 50 \text{ on } \text{:}45 \text{ Freestyle} \}$ EN1 S	
	= =:		=	<u>-</u>	FLY
1 on 30:00 Stomach and Stretch	D	n.c		{1 x 100 on 2:00 Freestyle REC S	FR
800 1 x 800 on 16:00 Swim-kick-pull-swi 180 12 x 15 on :30 Shooters		P3		`	FLY
1x{4 x 50 on 1:00 Kick		N2		{1 x 100 on 2:00 Freestyle REC S	
{4 x 75 on 1:25 Kick	E	N2		$\{5 \times 75 \text{ on } 1:20 \text{ Butterfly} \}$ EN1 S $\{1 \times 100 \text{ on } 2:00 \text{ Freestyle} \}$ REC S	FLY FR
${4 \times 100 \text{ on } 1:50 \text{ Kick}}$		N2			FLY
1x{1 x 400 on 6:00 Pulls		N1	300	1 x 300 on 5:00 Stroke Drills REC D	CD
{1 x 400 on 5:50 Pulls {1 x 400 on 5:40 Pulls		N1 N1		8:30 PM 5,600 Yards - Stress Value = 68	
{1 x 400 on 5:30 Pulls		N1			
300 12 x 25 on :30 IM order-build		N1		Workout #1507 - Thursday, 04 October 2001	
$1x{4 \times 200 \text{ on } 2:30 \text{ Freestyle}}$		N2		Group 3 - All	
{1 x 200 on 4:00 Freestyle		EC		1 minute rest between sets	
$\{3 \times 200 \text{ on } 2\text{:}25 \text{ Freestyle} $ $\{1 \times 200 \text{ on } 4\text{:}00 \text{ Freestyle} \}$		N2 EC			
{2 x 200 on 2:20 Freestyle		N2	Vanda	5:00 PM Start	MODE
{1 x 200 on 4:00 Freestyle		EC	Yards	1	WORF
$\{1 \times 100 \text{ on } 2:15 \text{ Freestyle}$	E	N2		1 on 30:00 Stomach and Stretch	I
250 5 x 50 on 1:00 Stroke Drills		EC	800		: 5
8:26 PM 6,530 Yards - Stress Value = 8	2			1 on 10:00 Techniques-Relay str	Γ
W				6x{1 x 25 on :30 Berzerks OTB SP3 {1 x 25 on :45 Berzerks SP3	
Workout #1505 - Tuesday, 02 October 2001				$\{1 \times 25 \text{ on : } 45 \text{ Berzerks} $ SP3 $1\times\{2 \times 100 \text{ on } 1:40 \text{ Kick with flippers} $ EN2	
Group 3 - All				{2 x 100 on 1:35 Kick with flippers EN2	
1 minute rest between sets				{3 x 100 on 1:30 Kick with flippers EN2	F
5:00 PM Start				{3 x 100 on 1:25 Kick with flippers SP3	
Yards Set Description	E	GY WO	1,000		E
====== ================================	= =	== ==	=	Odds br 3-5-7-9 evens br 2-4-6-8	
1 on 30:00 Stomach and Stretch				$1 \times \{3 \times 100 \text{ on } 1:40 \text{ Backstroke} \}$ EN1	S
$3x{3 \times 50}$ on 1:00 Freestyle		EC		{4 x 25 on 1:00 Back 15m under water EN1	
{4 x 25 on :25 Stroke 1 on 10:00 Techniques-starts	E)	N1		{3 x 125 on 2:00 Freestyle EN1	
6x{1 x 25 on :30 Berzerks off the blk	S	Р3		{4 x 25 on 1:00 Back 15m under water EN1	
{1 x 25 on :45 Berzerks		Р3		$\{3 \times 150 \text{ on } 2:20 \text{ Backstroke} \}$ EN1 $\{4 \times 25 \text{ on } 1:00 \text{ Back } 15\text{m under water EN1} \}$	
1x{3 x 125 on 2:30 Kick		N2		{3 x 175 on 2:40 Backstroke EN1	
{3 x 125 on 2:25 Kick		N2		$\{4 \times 25 \text{ on } 1:00 \text{ Back } 15\text{m under water EN1}\}$	S
$\{2 \times 125 \text{ on } 2:20 \text{ Kick} \\ 1x\{4 \times 50 \text{ on } 1:00 \text{ Pulls only } 2 \text{ brths} \}$		N2 N1	100		
{4 x 50 on :40 Pulls		N1	300		Ε
$\{4 \times 50 \text{ on } 1:00 \text{ Pulls only } 3 \text{ brths}$		N1		7:30 PM 5,550 Yards - Stress Value = 74	
{4 x 50 on :45 Pulls	El	N1			

Workout #1508 - Friday, 05 October 2001 Group 3 - All 1 minute rest between sets

	4:30 PM Start			
Yards	Set Description	EGY	WORK	SI
=====		===	====	==
	1 on 20:00 Stomach and Stretch		L	DF
	1 on 10:00 Sculling drills	REC	D	1
210	14 x 15 on :30 Pit sprints	SP3	S	E
400	1 x 400 on 8:00 Stroke Drills	REC	S	E
300	3×100 on $2:00$ Kick $w/$ out a board	EN1	K	CF
400	4 x 100 on 1:45 Individual Medley	EN1	S	1
500	10 x 50 on 1:00 1-5 DEBF (FR) 6-10	EN1	S	CN
	DEBF (STROKE)			
50	2 x 25 on 1:00 Choice OTB	EN1	S	CF
400	1 x 400 on 8:00 Individual Medley	SP2	S	1
300	1 x 300 on 5:00 Stroke Drills	REC	D	(
	6:00 PM 2,560 Yards - Stress Value =	= 60		

Workout #1509 - Saturday, 06 October 2001 Group 3 - All 1 minute rest between sets

	7:00 AM Start			
Yards	Set Description	EGY	WORK	STK
	=======================================		====	===
	1 on 30:00 Stomach and Stretch		L	DRY
800	16 x 50 on 1:00 Stroke Drills	REC	D	CD
	Odds free evens strk			
	1 on 15:00 Techniques-IM turns		D	IM
180	12 x 15 on :30 Shooters	SP3	S	BK
	$3x{2 x 75 on 1:30 Kick}$	EN2	K	CHO
	{2 x 75 on 1:20 Kick	EN2	K	CHO
	1x{1 x 300 on 4:30 Pulls	EN1	P	FR
	$\{1 \times 300 \text{ on } 4:15 \text{ Pulls}$	EN1	P	FR
	$\{1 \times 300 \text{ on } 4:00 \text{ Pulls}$	EN1	P	FR
	$\{1 \times 300 \text{ on } 3:45 \text{ Pulls}$	EN1	P	FR
200	8×25 on :30 IM order-build	EN1	S	IM
	$1x{6 x 100 on 1:10 Freestyle}$	EN2	S	FR
	{1 on 1:00 Rest		M	
	$\{5 \times 100 \text{ on } 1:10 \text{ Freestyle}$	EN2	S	FR
	{1 on 1:00 Rest		M	
	{4 x 100 on 1:10 Rest	EN2	S	FR
	{1 on 1:00 Rest		M	
	{3 x 100 on 1:10 Freestyle	EN2	S	FR
	{1 on 1:00 Rest		M	
	$\{2 \times 100 \text{ on } 1:10 \text{ Freestyle}$	EN2	S	FR
	{1 on 1:00 Rest		M	
	{1 x 100 on 1:10 Rest	EN2	M	FR

Workout #1510 - Monday, 08 October 2001 Group 3 - All 1 minute rest between sets

8 x 50 on 1:00 Stroke Drills REC

9:29 AM 5,780 Yards - Stress Value = 81

D CD

	6:00 PM	1 Start		
Yards	Set	Description	EGY	WOF
=====	====		===	===
	1 or	30:00 Stomach and Stretch		
800	1 x	800 on 15:00 Swim-kick-pull-swim	REC	
180	12 2	15 on :30 Shooters	SP3	
	4x{1 x	100 on 2:00 Kick	EN2	
	{1 x	100 on 1:50 Kick	EN2	
	{1 x	50 on :50 Kick	EN2	
	1x{3 x	200 on 2:40 Pulls	EN1	
	{2 x	250 on 3:20 Pulls	EN1	
	{1 x	300 on 4:00 Pulls	EN1	
400	1 x	400 on 7:00 Reverse IM drill	REC	
	1x{2 x	200 on 4:00 Breaststroke	EN1	
	{4 x	25 on 1:00 Breast from a dive	EN2	
	{2 x	200 on 3:50 Breaststroke	EN1	

	{ 4	x 25 on 1:00 Breast from a dive	EN2
	{ 2	x 200 on 3:40 Breaststroke	EN1
	{ 4	x 25 on 1:00 Breast from a dive	EN2
	{ 2	x 200 on 3:30 Breaststroke	EN1
	{ 4	x 25 on 1:00 Breast from a dive	EN2
200	1	x 200 on 3:00 Choice	REC
	8:31	PM 5,980 Yards - Stress Value = 65	

Workout #1511 - Tuesday, 09 October 2001 Group 3 - All

1 minute rest between sets

	5:00 PM	Start	
Yards	Set	Description	EGY WC
=====	===:		=== ==
	1 01	n 30:00 Stomach and Stretch	
800	4 x	200 on 4:00 Reverse IM drill	REC
	1 01	n 10:00 Techniques-starts	
	10x{1 x	25 on :30 Butterfly OTB	SP3
	{1 x	25 on :45 Butterfly	SP3
	1x{2 x	200 on 4:00 Kick	EN2
	{2 x	150 on 2:50 Kick	EN2
	{2 x	100 on 1:50 Kick	EN2
	{2 x	50 on :50 Kick	EN2
	3x{4 x	75 on 1:05 Pulls	EN1
	{1 x	100 on 1:30 Pulls br every 9	EN1
300	1 x	300 on 5:00 5 strokes fly 5 brst	EN1
	1x{1 x	400 on 6:00 Backstroke	EN1
	{2 x	200 on 3:00 Backstroke	EN1
	{4 x	100 on 1:30 Backstroke	EN1
	{8 x	50 on :45 Backstroke	EN1
400	1 x	400 on 8:00 Stroke Drills	REC
	7:29 PM	5,800 Yards - Stress Value = 71	

Workout #1512 - Wednesday, 10 October 2001 Group 3 - All

1 minute rest between sets

	6:00 PM Start			
Yards	Set Description	EGY	WORK	Sī
=====	=======================================	===	====	==
	1 on 30:00 Stomach and Stretch		L	DF
800	8 x 100 on 2:00 Stroke Drills	REC	D	CF
	odds free evens cho			
	1 on 8:00 Techniques-open turn		D	I
300	12 x 25 on :30 Breaststroke	SP3	S	Ε
600	12 x 50 on 1:00 Kick des in 3's	EN2	K	CF
500	1 x 500 on 10:00 Kick for time	EN2	K	CF
1,200	3 x 400 on 5:30 Pulls	EN1	Р	F
300	6 x 50 on :40 Freestyle	EN1	S	F
	2x{1 x 200 on 3:00 150 free 50 fly	EN1	S	CN
	{1 x 200 on 3:10 100 free 100 fly	EN1	S	CN
	{1 x 200 on 3:20 50 free 150 fly	EN1	S	CN
	{1 x 200 on 3:30 Butterfly	EN1	S	FI
	{8 x 25 on :30 Freestyle	EN1	S	F
300	1 x 300 on 5:00 Stroke Drills	REC	D	C
	8:29 PM 6,000 Yards - Stress Value =	= 69		

Workout #1513 - Friday, 12 October 2001 Group 3 - All

1 minute rest between sets

	4:30 PM Start				
Yards	Set Description	EGY	WORK	STK	
=====		===	====	===	=
	1 on 15:00 Stomach and Stretch		L	DRY	
	1 on 10:00 Sculling drills		S	CMB	
	1 on 15:00 Vertical kicking	EN2	K	IM	
	1 on 10:00 Techniques-starts		D		
500	20×25 on $1:00$ Free from a dive	EN1	S	FR	
	1 on 15:00 Killer relays		S	FR	
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD	
	5:59 PM 700 Yards - Stress Value	= 5			

Workout #1514 - Saturday, 13 October 2001 Group 3 - All

1 minute rest between sets

	7:00 AM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 15:00 Choice	REC	
180	12 x 15 on :30 Shooters	SP3	
1,000	10×100 on $2:00$ Kick odds fast	EN2	
	$1x{3 x 150 on 2:15 Pulls mid 50 br ev 7}$	EN1	
	{3 x 150 on 2:10 Pulls mid 50 br ev 8	EN1	
	{3 x 150 on 2:05 Pulls mid 50 br ev 9	EN1	
300	12 x 25 on :30 IM order-build	EN1	
2,200	11 x 200 on 3:00 Challenge set	EN2	
400	8 x 50 on 1:00 Stroke Drills	REC	
	9:24 AM 6,230 Yards - Stress Value = 86		

Workout #1515 - Monday, 15 October 2001 Group 3 - All

1 minute rest between sets

Yards		PM Start et Description	EGY	WOF
	==	-	===	===
	1	on 30:00 Stomach and Stretch		
800	16	6 x 50 on 1:00 Stroke Drills 4 on E	REC	
150	10	0 x 15 on :30 Shooters	SP3	
1,000	1x{2	x 200 on 4:00 Kick	EN2	
	{ 2	x 150 on 2:50 Kick	EN2	
	{ 2	x 100 on 1:50 Kick	EN2	
	{ 2	x 50 on :50 Kick	EN2	
950	2x{3	x 125 on 1:50 Pulls	EN1	
	{ 4	x 25 on :30 Pulls no breath	EN1	
4,000	1x{2	x 400 on 5:30 Freestyle	EN2	
	{ 2	x 100 on 1:40 Individual Medley	EN1	
	{ 2	x 400 on 5:15 Freestyle	EN2	
	{ 2	x 100 on 1:35 Individual Medley	EN1	
	{ 2	x 400 on 5:00 Freestyle	EN2	
	{ 2	x 100 on 1:30 Individual Medley	EN1	
	{ 2	x 400 on 4:45 Freestyle	EN2	
	{ 2	x 100 on 1:25 Individual Medley	EN1	
300	1	x 300 on 5:00 Stroke Drills	REC	
	8:29	PM 7,200 Yards - Stress Value = 108		

Workout #1516 - Tuesday, 16 October 2001 Group 3 - All

1 minute rest between sets

Yards	5:00 PM Start Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
825	1 x 825 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Pit sprints	SP3	

	TXIO	X	123 OH 2:20 KICK	LINZ
	{ 3	Х	125 on 2:15 Kick	EN2
	{ 2	Х	125 on 2:10 Kick	EN2
1,000	1	Х	1000 on 15:00 Pulls	EN1
500	5	Х	100 on 1:45 Individual Medley	EN1
	1x{8	Х	75 on 1:05 Backstroke	EN2
	8 }	Х	75 on 1:00 Backstroke	EN2
	8 }	Х	75 on :55 Backstroke	EN2
400	1	Х	400 on 7:00 Stroke Drills	REC
	1x{4	Х	25 on :30 Freestyle	EN1
	{ 4	Х	25 on :25 Freestyle	EN1
	{ 4	Х	25 on :20 Freestyle	EN2
	{ 4	Х	25 on :15 Freestyle	EN1
450	9	Х	50 on 1:00 Stroke Drills	REC
	7:29	PN	4 6,555 Yards - Stress Value = 84	

 $1x{3 x 125 on 2:20 Kick}$

Workout #1517 - Wednesday, 17 October 2001 Group 3 - All

1 minute rest between sets

Varde	6:00 PM Start Set Description	ECV	WORK	СП
======	set bescription		WOKK	31
	1 on 30:00 Stomach and Stretch		т.	DF
800				
180	12 x 15 on :30 Shooters			
	14 x 75 on 1:30 Kick odds breast			
,	evens free			
	2x{4 x 75 on 1:00 Pulls	EN1	P	F
	{3 x 100 on 1:20 Pulls	EN1	P	F
	{2 x 125 on 1:40 Pulls	EN1	P	F
	{1 x 150 on 2:00 Pulls	EN1	P	F
	{1 on 1:00 Rest		M	
	{ 1st time throurh			
	{ with out paddles			
250		EN1		
	$2x{4 \times 50 \text{ on } 1:00 \text{ Butterfly}}$	EN1		FΙ
	{1 on :30 Rest		M	
	4	EN1		FΙ
	{1 on :40 Rest		M	
	{4 x 50 on :50 Butterfly	EN1		I
	{1 on :50 Rest		M	
	{4 x 50 on :45 Butterfly	EN2		FΙ
200	{1 on 1:00 Rest		M	
300	6 x 50 on 1:00 Stroke Drills		D	C
	8:30 PM 6,180 Yards - Stress Value =	= 67		

	Workout #1518 - Thursday, 18 October 2001 Group 3 - All 1 minute rest between sets 5:00 PM Start			$\{1 \times 200 \text{ on } 2\text{:}50 \text{ Individual Medley} \}$ $\{6 \times 25 \text{ on :}25 \text{ odds free evens brst }\}$ $\{1 \times 100 \text{ on } 1\text{:}25 \text{ Individual Medley} \}$ $\{6 \times 25 \text{ on :}25 \text{ Freestyle}\}$	EN2 EN1	נה נה נה נה נה
Yards	Set Description	EGY WOF	300	1 x 300 on 5:00 Stroke Drills 9:30 AM 6,685 Yards - Stress Value = 93	REC	Γ
180	1 on 30:00 Stomach and Stretch 1x{1 x 400 on 7:00 Swim-kick-pull-swim} {1 x 400 on 7:00 Reverse IM drill 12 x 15 on :30 Shooters 3x{3 x 100 on 2:00 Kick			Workout #1521 - Monday, 22 October 2001 Group 3 - All 1 minute rest between sets		
	{4 x 25 on :40 Sprint kick 1x{8 x 50 on :50 Pulls {8 x 50 on :45 Pulls {8 x 50 on :40 Pulls	EN2 EN1 EN1 EN1	Yards	=======================================	EGY !	
600	6 x 100 on 1:30 Descend in sets of 3 1x{3 x 125 on 2:10 Breaststroke} {2 x 125 on 2:05 Breaststroke} {1 x 125 on 2:00 Breaststroke} {1 x 200 on 2:45 Freestyle} {3 x 100 on 1:45 Breaststroke}		180	<pre>1 on 30:00 Stomach and Stretch 3x{1 x 100 on 2:00 Reverse IM drill {3 x 50 on :45 Freestyle {4 x 25 on :30 Non free 1 on 10:00 Techniques-starts 12 x 15 on :30 Shooters 5x{1 x 100 on 2:00 Kick</pre>	REC EN1 EN1 SP3 EN1	
250	{2 x 100 on 1:40 Breaststroke {1 x 100 on 1:35 Breaststroke {1 x 200 on 2:45 Freestyle {3 x 75 on 1:20 Breaststroke {2 x 75 on 1:15 Breaststroke {1 x 75 on 1:10 Breaststroke 5 x 50 on 1:00 Stroke Drills 7:30 PM 6,430 Yards - Stress Value = 83	EN2 EN2 EN2 EN1 EN2 EN2 REC	600	1x{3 x 200 on 2:45 Freestyle {3 x 200 on 2:40 Freestyle {3 x 200 on 2:35 Freestyle	EN1 EN2 EN1	
	Workout #1519 - Friday, 19 October 2001		400	8 x 50 on 1:00 Stroke Drills 8:28 PM 6,030 Yards - Stress Value = 69	REC	
	Group 3 - All 1 minute rest between sets			Workout #1522 - Tuesday, 23 October 2001		
	4:30 PM Start			Group 3 - All 1 minute rest between sets		
		WORK ST				
				6:00 PM Start		
300 1,500	1 on 30:00 Stomach and Stretch 1 x 400 on 6:00 Swim-kick-pull-swim REC 6 x 50 on :50 Descend in sets of 3 EN2 15 x 100 on 1:15 Freestyle EN2 1 x 200 on 3:00 Stroke Drills REC 1 on 23:00 Water polo 5:59 PM 2,400 Yards - Stress Value = 36	S F S F D C	800 250	Set Description 1 on 30:00 Stomach and Stretch 1 x 800 on 15:00 Swim-kick-pull-swim 1 on 10:00 Techniques-Relay str 10 x 25 on :30 Berzerks 1x{6 x 50 on 1:05 Descend in sets of 3 {6 x 50 on 1:00 Descend in sets of 3	REC SP3 EN2 EN2	
300 1,500	1 x 400 on 6:00 Swim-kick-pull-swim REC 6 x 50 on :50 Descend in sets of 3 EN2 15 x 100 on 1:15 Freestyle EN2 1 x 200 on 3:00 Stroke Drills REC 1 on 23:00 Water polo	S E S E S E D C S	800 250	Set Description	REC SP3 EN2 EN2 EN2 EN3 EN1	
300 1,500	1 x 400 on 6:00 Swim-kick-pull-swim REC 6 x 50 on :50 Descend in sets of 3 EN2 15 x 100 on 1:15 Freestyle EN2 1 x 200 on 3:00 Stroke Drills REC 1 on 23:00 Water polo 5:59 PM 2,400 Yards - Stress Value = 36 Workout #1520 - Saturday, 20 October 2001 Group 3 - All 1 minute rest between sets 7:00 AM Start Set Description	S F S F S F D C S S S	800 250	Set Description	=== : REC SP3 EN2 EN2 EN2 EN3 EN1 EN1	
300 1,500 200 Yards	1 x 400 on 6:00 Swim-kick-pull-swim REC 6 x 50 on :50 Descend in sets of 3 EN2 15 x 100 on 1:15 Freestyle EN2 1 x 200 on 3:00 Stroke Drills REC 1 on 23:00 Water polo 5:59 PM 2,400 Yards - Stress Value = 36 Workout #1520 - Saturday, 20 October 2001 Group 3 - All 1 minute rest between sets 7:00 AM Start Set Description	EGY WORFER FENT FENT FENT FENT FENT FENT FENT FENT	800 250	Set Description	=== : REC SP3 EN2 EN2 EN2 EN3 EN1 EN1	

250

Workout #1523 - Wednesday, 24 October 2001 Group 3 - All

1 minute rest between sets

	6:00 PM Start				
Yards	Set Description	EGY	WORK	Sī	
=====	=======================================	===	====	==	
	1 on 30:00 Stomach and Stretch		L	DF	
	$1x{4 \times 100}$ on 1:45 Stroke Drills	REC	D	CF	
	$\{4 \times 75 \text{ on } 1:20 \text{ Stroke Drills}$	REC	D	CF	
	$\{4 \times 50 \text{ on } : 50 \text{ Stroke Drills}$	REC	D	CF	
	$\{4 \times 25 \text{ on } : 30 \text{ Stroke Drills}$	REC	D	CF	
180	12 x 15 on :30 Shooters	SP3	S	Ε	
	1x{1 x 200 on 4:00 Kick	EN2	K	CF	
	{1 x 200 on 3:50 Kick	EN2	K	CF	
	{1 x 200 on 3:40 Kick	EN2	K	CF	
	{1 x 200 on 3:30 Kick	EN2	K	CF	
	{1 x 200 on 3:20 Kick	EN2	K	CF	
1,200	8 x 150 on 2:15 Pulls	EN1	P	E	
	$1x{4 \times 50 \text{ on } :50 \text{ Freestyle}}$	EN1	S	E	
	$\{4 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	S	F	
	{4 x 50 on :40 Freestyle	EN1	S	E	
	$4x{1 x 200 on 3:30 Breaststroke}$	EN1	S	E	
	{3 x 50 on 1:00 Breast descend	EN2	S	Ε	
	{4 x 25 on :45 Breast from a dive	EN3	S	Ε	

Workout #1525 - Friday, 26 October 2001 Group 3 - All

8:28 PM 6,030 Yards - Stress Value = 89

1 x 250 on 4:00 Stroke Drills REC

1 minute rest between sets

	6:00 PM Start			
Yards	Set Description	EGY	WORK	STK
=====	=======================================	===	====	===
	1 on 30:00 Stomach and Stretch		L	DRY
1,000	1 x 1000 on 15:00 Choice	REC	D	CHO
	$6x{1 x 25 on :30 Berzerks OTB}$	SP3	S	FLY
	{1 x 25 on :45 Berzerks	SP3	S	FLY
1,000	1 x 1000 on 20:00 Social kick	EN1	K	CHO
	$2x{1 x 25 on :00 Freestyle OTB}$	SP2	S	FR
	$\{1 \times 75 \text{ on } 2:00 \text{ Freestyle} \}$	REC	S	FR
	{1 x 50 on :00 Freestyle OTB	SP2	S	FR
	$\{1 \times 50 \text{ on } 2:00 \text{ Freestyle} \}$	REC	S	FR
	$\{1 \times 75 \text{ on } : 00 \text{ Freestyle OTB} \}$	SP2	S	FR
	$\{1 \times 25 \text{ on } 2:00 \text{ Freestyle} \}$	REC	S	FR
	{1 x 100 on :00 Freestyle OTB	SP2	S	FR
	$\{1 \times 100 \text{ on } 4:00 \text{ Freestyle}$	REC	S	FR
250	10 x 25 on :40 Stroke Drills	REC	D	CD
	7:44 PM 3,550 Yards - Stress Value	e = '	72	

Workout #1524 - Friday, 26 October 2001 Group 2 - All

1 minute rest between sets

,	6:00 PM Start			
Yards	Set Description	EGY	WORK	٤
=====	=======================================	===	====	=
	1 on 30:00 Stomach and Stretch		L	Ι
600	12 x 50 on 1:15 Stroke Drills	REC	D	\subset
	odds free evens strk			
150	10 x 15 on :30 Shooters	SP3	S	
600	1 x 600 on 16:00 Vertical Kicking	EN2	K	C
	$1x{4 \times 50 \text{ on } 1:10 \text{ Pulls-nbbf&w}}$	EN1	P	
	$\{4 \times 50 \text{ on } 1:05 \text{ Pulls-nbbf&w}$	EN1	P	
	$\{4 \times 50 \text{ on } 1:00 \text{ Pulls-nbbf&w}$	EN1	P	
	$\{4 \times 50 \text{ on } :55 \text{ Pulls-nbbf&w}$	EN1	P	
	$1x{3 x 100 on 2:00 Individual Medley}$	EN1	S	
	${3 \times 50 \text{ on } :55 \text{ Freestyle-descend}}$	EN1	S	
	{3 x 100 on 1:55 Individual Medley	EN1	S	
	${3 \times 50 \text{ on } :55 \text{ Freestyle-descend}}$	EN1	S	
	{3 x 100 on 1:50 Individual Medley	EN1	S	
	{3 x 50 on :55 Freestyle-descend	EN1	S	

250 5×50 on 1:15 Stroke Drills REC D 8:01 PM 3,750 Yards - Stress Value = 41

Workout #1526 - Saturday, 27 October 2001 Group 3 - All

1 minute rest between sets

	9:30 AM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
1,000	8 x 125 on 2:30 Drill 2 on E L.25fst	EN1	
300	12 x 25 on :30 Berzerks	SP3	
1,000	4x{1 x 100 on 1:40 Kick	EN2	
	{1 x 75 on 1:20 Kick	EN2	
	{1 x 50 on :55 Kick	EN2	
	{1 x 25 on :30 Kick	EN2	
1,000	$1x{1 x 400 on 6:00 Pulls}$	EN1	
	{1 x 300 on 4:15 Pulls	EN1	
	{1 x 200 on 2:40 Pulls	EN1	
	{1 x 100 on 1:15 Pulls	EN1	
400	4 x 100 on 1:45 Individual Medley	EN1	
3,100	$1x{5 x 75 on 1:05 Freestyle}$	EN1	
	$\{5 \times 75 \text{ on } 1:00 \text{ Freestyle}$	EN2	
	$\{5 \times 75 \text{ on } :55 \text{ Freestyle} \}$	EN2	
	$\{1 \times 200 \text{ on } 4:00 \text{ Freestyle}$	REC	
	$\{4 \times 75 \text{ on } 1:00 \text{ Freestyle}$	EN2	
	$\{4 \times 75 \text{ on } :55 \text{ Freestyle} \}$	EN2	
	$\{4 \times 75 \text{ on } : 50 \text{ Freestyle} \}$	EN2	
	{1 x 200 on 4:00 Freestyle	REC	
	$\{3 \times 75 \text{ on } :55 \text{ Freestyle} \}$	EN2	
	{3 x 75 on :50 Freestyle	EN2	
	$\{3 \times 75 \text{ on } : 45 \text{ Freestyle} \}$	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	12:00 PM 7,100 Yards - Stress Value = 10)6	

Workout #1527 - Saturday, 27 October 2001 Group 2 - All 1 minute rest between sets

	9:30 PM Start		
Yards	Set Description	EGY	WORF
	=======================================	===	====
	1 on 30:00 Stomach and Stretch		I
600	3 x 200 on 4:30 Swim-kick-pull-swim	REC	٤
180	12 x 15 on :30 Shooters	SP3	٤
	3x{1 x 200 on 2:00 Kick	EN2	F
	{4 x 25 on :45 Sprint kick	EN2	F
	1x{1 x 200 on 3:30 Pulls	EN1	E
	{1 x 200 on 3:20 Pulls	EN1	E
	{1 x 200 on 3:10 Pulls	EN1	E
200	1 x 200 on 4:30 Reverse IM drill	REC	Γ
	1x{6 x 100 on 1:45 Freestyle	EN1	٤
	$\{5 \times 75 \text{ on } 1:15 \text{ Freestyle} \}$	EN1	٤
	$\{4 \times 50 \text{ on } : 50 \text{ Freestyle}$	EN1	٤
	$\{4 \times 25 \text{ on } : 30 \text{ Freestyle}$	EN1	٤
300	6 x 50 on 1:15 Stroke Drills	REC	Γ
	11:27 PM 4,055 Yards - Stress Value = 4	4 4	

Workout #1530 - Monday 29 October 2001

{4 x 75 on 1:10 Pulls

500

{4 x 75 on 1:05 Pulls 20 x 25 on 1:00 Freestyle

EN1

EN1

EN1

P FR

P FR S FR

Workout #1530 - Monday, 29 October 2001 Group 3 - All	I	600 6 x 100 on 2:00 Stroke Drills REC 5:22 PM 4,080 Yards - Stress Value = 40
1 minute rest between sets		Workout #1533 - Tuesday, 30 October 2001
6:00 PM Start		Group 3 - All
Yards Set Description	EGY WOF	1 minute rest between sets

	6:00 PM Start				Group 3 - All			
Yards	Set Description	EG	Y WOI	F	1 minute rest between sets			
			= ==:	=				
	1 on 30:00 Stomach and Stretch				6:00 PM Start			
800	1 x 800 on 16:00 Swim-kick-pull-s			Yards	Set Description		WORK	
300	12 x 25 on :30 Berzerks	SP				===		=
	3x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick	EN			1 on 30:00 Stomach and Stretch		L	Γ
	{1 x 50 on 1:00 Kick	EN EN		800				
	1x{1 x 300 on 4:30 Pulls	EN		300		SP3		_
	{3 x 50 on :40 Pulls	EN			1x{6 x 50 on 1:00 Kick {4 x 100 on 1:50 Kick	EN2 EN2		
	{1 x 200 on 2:50 Pulls	EN			{2 x 200 on 3:30 Kick	EN2		
	{3 x 50 on :45 Pulls	EN	1		2x{4 x 75 on 1:20 Pulls	EN1		_
	{1 x 100 on 1:20 Pulls	EN	1		{4 x 75 on 1:00 Pulls	EN1		
	{3 x 50 on :50 Pulls	EN		300	12 x 25 on :30 IM order-build	EN1	S	
	{1 x 50 on :35 Pulls	EN			$1x{2 x 500 on 6:00 Freestyle}$	EN2	S	
600	6 x 100 on 1:30 Freestyle-descend				$\{2 \times 500 \text{ on } 5:45 \text{ Freestyle} \}$	EN2		
	1x{4 x 125 on 2:00 Backstroke {1 x 50 on 1:00 Backstroke 100%	EN EN			$\{1 \times 500 \text{ on } 5:30 \text{ Freestyle} \}$	EN2		
	{4 x 100 on 1:30 Backstroke	EN		500	10 x 50 on 1:00 Stroke Drills	REC	D	
	{1 x 50 on 1:00 Backstroke 100%	EN			8:22 PM 6,700 Yards - Stress Value =	99		
	{4 x 75 on 1:05 Backstroke	EN						
	{1 x 50 on 1:00 Backstroke 100%	EN			Workout #1531 - Tuesday, 30 October 2001			
	{4 x 50 on :50 Backstroke	EN	12		HighSchl - All			
	{1 x 50 on 1:00 Backstroke	EN	13		1 minute rest between sets			
400	1 x 400 on 6:00 Stroke Drills	RE						
600	24 x 25 on :30 IM order	EN			5:30 AM Start			
200	1 x 200 on 3:00 Stroke Drills 8:30 PM 6,500 Yards - Stress Value =	RE	iC	Yards	Set Description		WORK	
	6:30 PM 6,300 faids - Stress value =	94		=====	1 on 20.00 Weights	===		
	W. I			800	1 on 30:00 Weights 1 x 800 on 15:00 Reverse IM drill	DEC	L D	L
	Workout #1528 - Monday, 29 October 2001			250		SP3		
	HighSchl - All			200	1x{1 x 400 on 6:00 Pulls	EN1		
	1 minute rest between sets				{1 x 300 on 4:15 Pulls	EN1		
					{1 x 200 on 2:40 Pulls	EN1	P	
,	5:30 AM Start			_	{1 x 100 on 1:15 Pulls	EN1	P	
Yards	Set Description ====================================		Y WOI		$1x{3 x 50 on 1:00 Freestyle}$	EN1		
600	1 x 600 on 12:00 Swim-kick-pull-s			=	$\{3 \times 50 \text{ on } :55 \text{ Freestyle} \}$	EN1		
180	12 x 15 on :30 Shooters	SP			{3 x 50 on :50 Freestyle	EN1		
100	1 on 10:00 Techniques-TN turns	01	9		{3 x 50 on :45 Freestyle {3 x 50 on :40 Freestyle	EN1 EN1		
	1x{5 x 50 on 1:00 Pulls	EN	1	400		REC		
	$\{5 \times 50 \text{ on :} 55 \text{ Pulls}$	EN	1	100	7:00 AM 3,200 Yards - Stress Value =		2	
	$\{5 \times 50 \text{ on } : 50 \text{ Pulls}$	EN			,			
	{5 x 50 on :45 Pulls	EN			Workout #1532 - Tuesday, 30 October 2001			
	4x{1 x 100 on 1:45 Stroke Drills	EN			HighSchl - All			
500	{3 x 50 on :50 Freestyle-descend 20 x 25 on :30 Freestyle odds fa	EN st EN			1 minute rest between sets			
300	6 x 50 on 1:00 Stroke Drills	RE			1 minute Test between sets			
	6:54 AM 3,580 Yards - Stress Value =				3:00 PM Start			
	,			Yards		EGY 1	WORK S	ΓS
	Workout #1529 - Monday, 29 October 2001			=====	=======================================			
	HighSchl - All				1 on 30:00 Stomach and Stretch		L D	ΟF
	1 minute rest between sets			1,000		REC	D C	CF
	1 minute Test between sets				odds free evens choi		_	
	3:00 PM Start			200	1 on 10:00 Techniques-Stanford	202	D	
Yards		Y WORK	STK	300		SP3	S	
=====	=======================================				•	EN2 EN2	K C	
	1 on 30:00 Stomach and Stretch	L	DRY			EN2	KC	
800	8 x 100 on 2:00 Stroke Drills RE	C D	СНО	800	•		P	
180	12 x 15 on :30 Shooters SP	°3 S	FR		-	EN1	S	
	1 on 15:00 Techniques-TN Turns	D				EN1		F
	1x{4 x 100 on 2:15 Kick EN		CHO		· · · · · · · · · · · · · · · · · · ·	EN1		F
	{3 x 100 on 2:10 Kick EN		CHO		· · · · · · · · · · · · · · · · · · ·	EN1	S	
	{1 x 100 on 2:05 Kick EN 1x{4 x 75 on 1:20 Pulls EN		CHO FR	300		REC	D	C
	{4 x 75 on 1:15 Pulls EN				5:12 PM 5,000 Yards - Stress Value =	56		
	$\{4 \times 75 \text{ on } 1:10 \text{ Pulls}\}$ EN		FR					

Workout #1535 - Wednesday, 31 October 2001 Group 3 - All

1 minute rest between sets

	6:00 PM Start			
Yards	Set Description	EGY	WORK	SI
	=======================================	===	====	==
	1 on 30:00 Stomach and Stretch		L	DF
	$3x{1 \times 200 \text{ on } 4:00 \text{ Reverse IM drill}}$	REC	D	1
	{1 x 50 on :50 Freestyle	EN1	S	E
	· •	EN1		E
	•	EN1		E
180	· •	SP3		Ε
		EN2		CF
	{3 x 100 on 1:45 Kick	EN2		CF
		EN2		CF
	•	EN1		E
		EN1		Ē
	-	EN1		Ē
	-	EN1		E
	-	EN1		Ē
	· · · · · · · · · · · · · · · · · · ·	EN2		Ē
	{1 x 25 on :20 Freestyle			
	3x{3 x 100 on 1:45 Breaststroke			
	{2 x 100 on 1:40 Breaststroke			
	-			
	{1 x 100 on 1:35 Breaststroke			
	{1 x 200 on 2:30 Freestyle			
400	8 x 50 on 1:00 Stroke Drills			(
	8:30 PM 6,730 Yards - Stress Value =	= 100)	

Workout #1536 - Wednesday, 31 October 2001 Group 3 - Chris P. 1 minute rest between sets

	6:00 PM Start			
Yards	Set Description	EGY	WORK	Sī
=====	=======================================	===	====	==
	1 on 30:00 Stomach and Stretch		L	DF
	$3x{1 x 200 on 4:00 Reverse IM drill}$	REC	D	1
	$\{1 \times 50 \text{ on } :50 \text{ Freestyle} \}$	EN1	S	E
	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	S	E
	$\{1 \times 50 \text{ on } : 40 \text{ Freestyle} \}$	EN1	S	E
180	12 x 15 on :30 Shooters	SP3	S	Ε
	1x{4 x 100 on 1:50 Kick	EN2	K	CF
	{3 x 100 on 1:45 Kick	EN2	K	CF
	{3 x 100 on 1:40 Kick	EN2	K	CF
	1x{2 x 200 on 2:45 Pulls	EN1	P	E
	{2 x 200 on 2:50 Pulls	EN1	P	E
	{1 x 200 on 2:55 Pulls	EN1	P	E
	$3x{1 \times 100 \text{ on } 1:30 \text{ Freestyle}}$	EN1	S	E
	$\{1 \times 75 \text{ on } 1:05 \text{ Freestyle} \}$	EN1	S	E
	{1 x 50 on :40 Freestyle	EN2	S	E
	{1 x 25 on :20 Freestyle	EN2	S	E
	1x{3 x 100 on :00 Broken	SP2	S	CN
	{1 x 200 on 8:00 Freestyle	REC	S	E
500	10 x 50 on 1:00 Stroke Drills	REC	D	C
	8:03 PM 4,980 Yards - Stress Value =	= 83		

Workout #1534 - Wednesday, 31 October 2001 HighSchl - All

1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 Berzerks	SP3	
	1 on 10:00 Techniques-Stanford		
	1x{3 x 50 on 1:00 Kick	EN2	
	{3 x 75 on 1:30 Kick	EN2	
	{3 x 100 on 2:00 Kick	EN2	
	{3 x 125 on 2:30 Kick	EN2	

	1x{3	Х	150	on	2:15	Pulls	mid	50	br	ev	6	EN1
	{ 3	Х	150	on	2:15	Pulls	mid	50	br	ev	7	EN1
	{ 2	Х	150	on	2:15	Pulls	mid	50	br	ev	8	EN1
	5x{3 x 100 on 1:30 Freestyle-descend							EN1				
	{ 1	Х	100	on	1:45	Indiv	idual	L Me	edle	∋у		EN1
200	1	Х	200	on	:00 I	Free fo	or ti	Lme	OTE	3		SP2
300	1	Х	300	on	5:00	Stroke	e Dri	111:	3			REC
	5:24	Pl	1 5,8	350	Yards	s - St:	ress	Va.	lue	= 8	34	

Workout #1539 - Thursday, 01 November 2001 Group 3 - All 1 minute rest between sets

	6:00 PM Start			
Yards	Set Description	EGY	WORK	٤
	=======================================	===	====	=
	1 on 30:00 Stomach and Stretch		L	Γ
800	8 x 100 on 1:45 Stroke Drills	REC	D	
	odds free evens non			
	free			
180	12 x 15 on :30 Shooters	SP3	S	F
	1x{5 x 75 on 1:30 Kick	EN2	K	C
	{5 x 75 on 1:25 Kick	EN2	K	C
	{4 x 75 on 1:20 Kick	EN2	K	C
1,000	1 x 1000 on 15:00 Pulls	EN1	P	
	$1x{4 \times 50 \text{ on } :50 \text{ Freestyle}}$	EN1	S	
	$\{4 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	S	
	$\{4 \times 50 \text{ on } : 40 \text{ Freestyle} \}$	EN1	S	
	$4x{1 \times 300 \text{ on } 4:30 \text{ Individual Medley}}$	EN2	S	
	{1 x 100 on 1:30 Individual Medley	EN2	S	
	{1 x 100 on 1:25 Individual Medley	EN2	S	
	{1 x 100 on 1:20 Individual Medley	EN2	S	
500	5 x 100 on 2:00 Stroke Drills	REC	D	
	8:25 PM 6,530 Yards - Stress Value =	93		

Workout #1540 - Thursday, 01 November 2001 Group 3 - Chris P. 1 minute rest between sets

	6:00 PM Start			
Yards	Set Description	EGY	WORK	SI
	=======================================	===		==
	1 on 30:00 Stomach and Stretch		L	DF
800	8 x 100 on 1:45 Stroke Drills	REC	D	C
	odds free evens non			
	free			
180	12 x 15 on :30 Shooters	SP3	S	FI
	1x{5 x 75 on 1:30 Kick	EN2	K	CF
	{5 x 50 on 1:25 Kick	EN2	K	CF
	{4 x 50 on 1:20 Kick	EN2	K	CF
800	1 x 800 on 15:00 Pulls-nbbf&w	EN1	P	F
	$1x{4 \times 50 \text{ on } :50 \text{ Freestyle}}$	EN1	S	F
	$\{4 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	S	F
	$4x{1 \times 200 \text{ on } 4:30 \text{ Reverse IM drill}}$	EN1	D	I
	$\{1 \times 75 \text{ on } 1:30 \text{ Stroke Drills}$	EN1	D	Ε
	$\{1 \times 75 \text{ on } 1:25 \text{ Stroke Drills}$	EN1	D	Ε
	$\{1 \times 75 \text{ on } 1:20 \text{ Stroke Drills}$	EN1	D	FI
300	1 x 300 on 4:30 Six kick switch	REC	D	C
	8:18 PM 5,005 Yards - Stress Value =	= 53		

1:29 PM 4,130 Yards - Stress Value = 46

Licenseu	10. South Bend SC/Kney ITS				//1	10/2011	Page	09
	Workout #1527 Thursday 01 November 2001				1 on 10:00 Stretch only!!!			LI
	Workout #1537 - Thursday, 01 November 2001			400		REC		DC
	HighSchl - All			250		SP3		SF
	1 minute rest between sets				$1x{4 \times 50 \text{ on } 1:05 \text{ Kick}}$	EN2		K (
					{4 x 50 on 1:00 Kick	EN2	,	K (
** 1	5:30 AM Start				{4 x 50 on :55 Kick	EN2		K (
Yards	Set Description		WOF		{4 x 50 on :50 Kick	EN2		K C
	1 on 30:00 Weights				$1x{2 x 200 on 2:45 Pulls}$	EN1		P
400	1 x 400 on 7:00 Stroke Drills	REC			{2 x 200 on 2:40 Pulls	EN2		P
250		SP3		300				S
200	1x{1 x 1000 on 15:00 Pulls	EN1			2x{1 x 100 on 1:40 Butterfly	EN1		SF
	{2 x 500 on 7:00 Pulls	EN1			{1 x 100 on 1:30 Freestyle {1 x 100 on 1:40 Butterfly	EN1 EN1		S S F
400	4 x 100 on 1:30 Descend to ludicrous	EN2			{1 x 100 on 1:40 Butterliy {1 x 100 on 1:25 Freestyle	EN1		S
	speed				{1 x 100 on 1:40 Freestyle	EN1		S
	1x{12 x 25 on :25 Your Stroke no free	EN1			{1 x 100 on 1:40 Freestyle	EN2		S
	$\{4 \times 50 \text{ on } 1:00 \text{ Stroke Drills}$	REC			{1 x 100 on 1:40 Butterfly	EN1		SF
	7:00 AM 3,550 Yards - Stress Value = 41	_			{1 x 100 on 1:15 Freestyle	EN2		S
					{1 on 1:00 Rest		J	М
	Workout #1538 - Thursday, 01 November 2001			300	1 x 300 on 4:30 Stroke Drills	REC		D
	HighSchl - All				7:32 PM 4,450 Yards - Stress Value	= 61		
	1 minute rest between sets							
	1 minute Test between sets				Workout #1541 - Friday, 02 November 2001	1		
	11:00 AM Start				HighSchl - All			
Yards	Set Description	EGY	WORF		1 minute rest between sets			
		===			1 influte Test between sets			
	1 on 30:00 Stomach and Stretch		I		5:30 AM Start			
800	4 x 200 on 3:45 Swim-kick-pull-swim	REC	٤	Yards		F	EGY I	WOF
180	12 x 15 on :30 Shooters	SP3	٤	======	-			===
	2x{2 x 100 on 2:00 Kick	EN2	F	600	1 x 600 on 12:00 Swim-kick-pull-	-swim F	₹EC	
	{2 x 100 on 1:45 Kick	EN2	ŀ	300		5	SP3	
	1x{1 x 250 on 3:45 Pulls	EN1	E		$1x{3 x 125 on 2:00 Pulls}$	F	EN1	
	{1 x 250 on 3:40 Pulls	EN1	E E		{3 x 100 on 1:30 Pulls	F	EN1	
	{1 x 250 on 3:35 Pulls {1 x 250 on 3:30 Pulls	EN1 EN1	E E		{3 x 75 on 1:05 Pulls		EN1	
300	12 x 25 on :30 IM order-build	EN1	٤		{3 x 50 on :40 Pulls		EN1	
300	1x{3 x 100 on 1:30 Freestyle	EN1	5		2x{1 x 150 on 2:15 Freestyle		EN1	
	{3 x 100 on 1:25 Freestyle	EN1	٤		{1 x 150 on 2:10 Freestyle		EN1	
	{3 x 100 on 1:20 Freestyle	EN2	٤		$\{1 \times 150 \text{ on } 2:05 \text{ Freestyle} $ $\{1 \times 150 \text{ on } 2:00 \text{ Freestyle} \}$		EN1 EN2	
	{3 x 100 on 1:15 Freestyle	EN2	٤		{1 x 150 on 1:55 Freestyle		EN2	
	{3 x 100 on 1:10 Freestyle	EN2	٤		{1 x 150 on 1:50 Freestyle		EN2	
	${3 \times 100 \text{ on } 1:05 \text{ Freestyle}}$	EN2	٤		{1 x 150 on 1:45 Freestyle		EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	Ι		{1 x 150 on 1:40 Freestyle		EN2	
	1:00 PM 5,080 Yards - Stress Value = 64	1			{1 on 1:00 Rest			
				500	20 x 25 on :30 IM order	F	EN1	
	Workout #1544 - Friday, 02 November 2001			200			REC	
	Group 3 - All				6:56 AM 5,050 Yards - Stress Value	= 67		
	1 minute rest between sets							
					Workout #1542 - Friday, 02 November 2001	1		
	6:00 PM Start				HighSchl - All			
Yards	Set Description		WOF		1 minute rest between sets			
=====	1 20 00 01 1 1 2 1		===					
	1 on 30:00 Stomach and Stretch	DEC			11:00 AM Start			
	2x{1 x 200 on 4:00 Swim-kick-pull-swim {3 x 50 on :45 Freestyle	REC EN1		Yards	Set Description	EGY WO		STF
300	12 x 25 on :30 Berzerks	SP3				=== ==		===
300	4x{1 x 100 on 2:00 Kick w/ a board	EN2		0.00	1 on 30:00 Stomach and Stretch	250		DRY
	$\{1 \times 50 \text{ on } 1:00 \text{ Kick w/ out a board}\}$	EN2		800	1 x 800 on 16:00 Choice	REC		CHC
	1x{4 x 75 on 1:15 Pulls	EN1		180	12 x 15 on :30 Shooters 1 on 15:00 Techniques-relaystrt	SP3	D	CHC
	{4 x 75 on 1:10 Pulls	EN1		600		FN2		СНС
	$\{4 \times 75 \text{ on } 1:05 \text{ Pulls}$	EN1		500	1x{2 x 250 on 3:45 Pulls	EN2 EN1	P	FF
400	4 x 100 on 1:30 Descend to ludicrous	EN2			{2 x 250 on 3:30 Pulls	EN1	P	FF
	speed!!!!!!!!!!!!				$1x\{6 \times 75 \text{ on } 1:10 \text{ Freestyle}$	EN1	S	FF
200	1 x 200 on 4:00 Stroke Drills	REC			{6 x 75 on 1:05 Freestyle	EN1	S	FF
	7:30 PM 3,100 Yards - Stress Value = 44	ŧ			$\{6 \times 75 \text{ on } 1:00 \text{ Freestyle} \}$	EN2	S	FF
				200		REC	D	CI
	Workout #1543 - Friday, 02 November 2001				1 on 24:00 Team meeting		M	
	Chann 3 Chuig B				1:29 PM 4.130 Yards - Stress Value	= 46		

6:00 PM Start Yards Set Description

Group 3 - Chris P. 1 minute rest between sets

EGY WORK S

Workout #1547 - Saturday, 03 November 2001 Group 3 - All

1 minute rest between sets

	1:00 PM Start		
Yards	Set Description	EGY W	IOF
	=======================================		-==
	1 on 30:00 Stomach and Stretch		
800	16 x 50 on 1:00 Stroke Drills 4 on E I	REC	
180	12 x 15 on :30 Shooters	SP3	
	2x{1 x 100 on 1:40 Kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
	(1 x 100 on 1.50 Kick	EN2	

	1	on 30:00 Stomach and Stretch	
800	16	6 x 50 on 1:00 Stroke Drills 4 on E	REC
180	12	2 x 15 on :30 Shooters	SP3
	2x{1	x 100 on 1:40 Kick	EN2
	{ 1	x 100 on 1:45 Kick	EN2
	{ 1	x 100 on 1:50 Kick	EN2
	{ 1	x 100 on 1:55 Kick	EN2
	{ 1	x 100 on 2:00 Kick	EN2
	1x{1	x 400 on 5:45 Pulls	EN1
	{ 1		EN1
	-		EN1
400		x 50 on 1:00 25 free 25 non free	
	-		EN2
	-		EN2
	8 }		EN2
	{ 1	2	EN2
	{ 3	<u> -</u>	EN2
	8 }	x 50 on :40 Freestyle	EN2
	{ 1		EN2
	{ 4	x 100 on 1:15 Freestyle	EN2
	-	x 50 on :40 Freestyle	
250	1	x 250 on 5:00 Stroke Drills	REC
	3:25	PM 6,830 Yards - Stress Value = 103	

Workout #1546 - Saturday, 03 November 2001 Group 3 - Chris P.

1 minute rest between sets

Yards	11:00 AM Start Set Description	EGY WOF
	1 on 30:00 Stomach and Stretch	
800		REC
180	12 x 15 on :30 Shooters	SP3
	2x{1 x 50 on 1:40 Kick	EN2
	{1 x 50 on 1:45 Kick	EN2
	{1 x 100 on 1:50 Kick	EN2
	{1 x 100 on 1:55 Kick	EN2
	{1 x 100 on 2:00 Kick	EN2
	1x{1 x 300 on 4:30 Pulls	EN1
	{1 x 300 on 4:15 Pulls	EN1
	{2 x 100 on 1:30 Pulls	EN1
600	12 x 50 on 1:00 25 free 25 non free	EN1
	$2x{1 x 100 on :00 Freestyle}$	SP2
	{1 x 200 on 8:00 Freestyle	REC
300	12×25 on :30 Alt fly and breast	EN1
400	4 x 100 on 2:00 Stroke Drills	REC
	1:12 PM 4,480 Yards - Stress Value = 60	

Workout #1545 - Saturday, 03 November 2001 HighSchl - All

1 minute rest between sets

	7:00 AM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Weights		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 Berzerks	SP3	
1,000	10 x 100 on 2:00 Kick-odds fast	EN2	
	1x{1 x 100 on 1:30 Pulls	EN1	
	${3 \times 50 \text{ on :} 45 \text{ Pulls}}$	EN1	
	{1 x 100 on 1:25 Pulls	EN1	
	{3 x 50 on :45 Pulls	EN1	
	{1 x 100 on 1:20 Pulls	EN1	
	{3 x 50 on :45 Pulls	EN1	

	{ 1	x 100 on 1:15 Pulls		EN1
	{ 3	x 50 on :45 Pulls		EN1
300	4	x 75 on 1:20 IM no free		EN1
2,400	6	x 400 on 5:00 Freestyle		EN2
600	6	x 100 on 2:00 Stroke Drills		REC
	9:21	AM 6,400 Yards - Stress Value =	95	

Workout #1550 - Monday, 05 November 2001 Group 3 - All

1 minute rest between sets

	6:00 PM Start						
Yards	Set Description	EGY	WORK				
=====	=======================================	===	====				
	1 on 30:00 Stomach and Stretch		L				
	$3x{1 \times 200 \text{ on } 3:30 \text{ Individual Medley}}$	REC	S				
	${3 \times 50 \text{ on } :45 \text{ Freestyle}}$	EN1	S				
180	12 x 15 on :30 Shooters	SP3	S				
	1x{3 x 50 on 1:00 Kick	EN2	K				
	{3 x 75 on 1:25 Kick	EN2	K				
	{3 x 100 on 1:50 Kick	EN2	K				
	{3 x 125 on 2:15 Kick	EN2	K				
	$1x{5 x 50 on 1:00 Pulls-nbbf&w}$						
	$\{5 \times 50 \text{ on } :55 \text{ Pulls-nbbf&w}$						
	{5 x 50 on :50 Pulls-nbbf&w						
	$\{5 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w} \}$						
	{5 x 50 on :40 Pulls-nbbf&w	EN1	P				
	$1x{1 x 100 on 1:30 Freestyle}$	EN1	S				
	{1 x 100 on 1:25 Freestyle	EN1	S				
	{1 x 100 on 1:20 Freestyle	EN1	S				
	$\{1 \times 100 \text{ on } 1:15 \text{ Freestyle}$	EN1	S				
1,800	12 x 150 on 2:15 Freestyle-descend	EN3	S				
400	1 x 400 on 8:00 Stroke Drills	REC	D				
	8:22 PM 6,130 Yards - Stress Value = 3	154					

Workout #1549 - Monday, 05 November 2001 Group 3 - Chris P. 1 minute rest between sets

	6:00	PM Start			
Yards	Se	et Description	EGY	WORK	S
	==		===	====	=
	1	on 30:00 Stomach and Stretch		L	Γ
600	1	x 600 on 12:00 Reverse IM drill	REC	D	
180	12	2 x 15 on :30 Shooters	SP3	S	
	1x{3	x 125 on 2:30 Kick	EN2	K	C
	{ 3	x 125 on 2:15 Kick	EN2	K	C
	1x{3	x 50 on 1:00 Pulls-nbbf&w	EN1	P	
	{ 3	x 50 on :55 Pulls-nbbf&w	EN1	P	
	{ 4	x 50 on :50 Pulls-nbbf&w	EN1	P	
200	8	x 25 on :30 IM order-build	EN1	S	
	1x{3	x 150 on 2:20 Free mid 50 fly	EN1	S	C
	{ 3	x 150 on 2:15 Free mid 50 fly	EN1	S	C
	{ 3	x 150 on 2:10 Free mid 50 fly	EN1	S	C
	{ 2	x 150 on 2:05 Free mid 50 fly	EN1	S	C
200	1	x 200 on 4:00 Stroke Drills	REC	D	
	7:52	PM 4,080 Yards - Stress Value =	46		

Workout #1548 - Monday, 05 November 2001 HighSchl - All

1 minute rest between sets

Yards		M Start t Description	EGY	TATC
Ialus	se	t Description	EGI	WC
	1	on 30:00 Team picture/stretch	===	==
800		x 800 on 16:00 Swim-kick-pull-swim	REC	
180	12	x 15 on :30 Shooters	SP3	
	2x{2	x 50 on 1:00 Kick	EN2	
	{ 2	x 75 on 1:25 Kick	EN2	
	{ 2	x 100 on 1:50 Kick	EN2	
	10x{1	x 75 on 1:10 Pulls	EN1	
	{ 1	x 25 on :30 Pulls no breath	EN1	
400	8	x 50 on 1:00 25 free 25 non free	EN1	
	8x{1	x 150 on 2:15 Freestyle	EN1	
	{ 3	x 50 on 1:00 Your Stroke no free	EN1	
400	8	x 50 on 1:00 Stroke Drills	REC	

3:00	PM	Start	
Se	et De	escription	

Yards	Set Description	EGY	WO:
	=======================================	===	==
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{2 x 125 on 2:30 Kick	EN2	
	{1 x 125 on 2:20 Kick	EN2	
	{2 x 125 on 2:30 Kick	EN2	
	{1 x 125 on 2:10 Kick	EN2	
	{2 x 125 on 2:30 Kick	EN2	
	$5x{8 x 75 on 1:15 Backstroke}$	EN1	
	{4 x 25 on 1:00 Back 15m under water	EN1	
300	1 x 300 on 5:00 Stroke Drills	REC	
	5:31 PM 5,780 Yards - Stress Value = 61		

Workout #1555 - Wednesday, 07 November 2001 Group 3 - All

1 minute rest between sets

Workout #1553 - Tuesday, 06 November 2001 Group 3 - Chris P.

5:30 PM 6,080 Yards - Stress Value = 63

1 minute rest between sets

	6:00 PM Start		
Yards	Set Description	EGY	WOF
		===	===
	1 on 30:00 Stomach and Stretch		
800	8 x 100 on 2:00 Stroke Drills	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{2 x 100 on 2:15 Kick	EN2	
	{2 x 100 on 2:10 Kick	EN2	
	{2 x 100 on 2:05 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	1x{1 x 300 on 4:30 Pulls	EN1	
	{1 x 200 on 3:00 Pulls	EN1	
	{1 x 100 on 1:30 Pulls	EN1	
	$\{1 \times 50 \text{ on } : 45 \text{ Pulls}$	EN1	
900	9×100 on 1:45 Descend in sets of 3	EN1	
100	1 x 100 on 8:00 Broken	SP2	
400	16 x 25 on :30 IM order	EN1	
250	1 x 250 on 5:00 Stroke Drills	REC	
	8:01 PM 3,980 Yards - Stress Value = 50		

Workout #1551 - Tuesday, 06 November 2001 HighSchl - All

1 minute rest between sets

5:30 AM Start

Yards	Se	et Description	EGY	WORK	٤
	==		===	====	=
	1	on 30:00 Weights		L	Γ
400	1	x 400 on 8:00 Reverse IM drill	REC	D	
250	10	0 x 25 on :30 Berzerks	SP3	S	
	1x{3	x 200 on 2:50 Pulls	EN1	P	
	{ 2	x 200 on 2:45 Pulls	EN1	P	
	{ 1	x 200 on 2:40 Pulls	EN1	P	
	1x{1	x 200 on 3:30 Individual Medley	EN1	S	
	{ 1	x 200 on 3:20 Individual Medley	EN1	S	
	{ 1	x 200 on 3:10 Individual Medley	EN1	S	
	{ 1	x 200 on 3:00 Individual Medley	EN1	S	
	{ 1	x 100 on 1:45 Individual Medley	EN1	S	
	{ 1	x 100 on 1:40 Individual Medley	EN1	S	
	{ 1	x 100 on 1:35 Individual Medley	EN1	S	
	{ 1	x 100 on 1:30 Individual Medley	EN1	S	
300	6	x 50 on 1:00 Stroke Drills	REC	D	
	7:00	AM 3,350 Yards - Stress Value =	34		

Workout #1552 - Tuesday, 06 November 2001 HighSchl - All 1 minute rest between sets 6:00 PM Start

Yards	Set Description	FCV	WORF
		===	
	1 on 30:00 Stomach and Stretch		I
		REC	
	{4 x 100 on 1:40 Freestyle-descend		
300	12 x 25 on :30 Berzerks	SP3	
	3x{1 x 150 on 3:00 Kick	EN2	
	{1 x 100 on 2:00 Kick	EN2	
	1 x 50 on 1:00 Kick	EN2	F
100	1 x 100 on 2:00 Kick for time	EN2	F
	1x{2 x 200 on 3:00 Pulls	EN1	E
	{2 x 150 on 2:15 Pulls	EN1	Ε
	{2 x 100 on 1:30 Pulls	EN1	E
	{2 x 50 on :45 Pulls	EN1	E
	$1x{3 x 50 on :50 Freestyle}$	EN1	٤
	${3 \times 50 \text{ on :} 45 \text{ Freestyle}}$	EN1	٤
	${3 \times 50 \text{ on } :40 \text{ Freestyle}}$	EN1	
	$5x{1 x 200 on 3:30 Breaststroke}$	EN1	٤
	$\{1 \times 50 \text{ on } 1:00 \text{ Breast w/ fly kick} \}$	EN1	Γ
	$\{1 \times 50 \text{ on } 1:00 \text{ Breast w/ free kick} \}$	EN1	Γ
	{1 x 50 on 1:00 Breast 2 kick 1 pull	EN1	Γ
	$1x{4 x 25 on :30 Freestyle}$	EN1	
	$\{4 \times 25 \text{ on } : 25 \text{ Freestyle} \}$	EN1	
	$\{4 \times 25 \text{ on } : 20 \text{ Freestyle} \}$	EN1	
	$\{4 \times 25 \text{ on :} 15 \text{ Freestyle}$	EN1	٤
500	10 x 50 on 1:00 Stroke Drills	REC	Γ
	8:30 PM 6,200 Yards - Stress Value = 72	2	

1 x 200 on 4:00 Stroke Drills F 7:34 PM 3,030 Yards - Stress Value = 29

Workout #1556 - Wednesday, 07 November 2001 Group 3 - Chris P.

1 minute rest between sets

 $4x{1 \times 100}$ on 1:45 Individual Medley

{1 x 100 on 1:30 Freestyle {2 x 50 on 1:00 Your Stroke

1 minute rest between sets				Workout #1557 - Thursday, 08 November 2001				
	6 00 PM GI				HighSchl - All			
	6:00 PM Start				_			
Yards	Set Description		WOF		1 minute rest between sets			
=====	1 20.00 0+	= ===	===					
0.00	1 on 30:00 Stomach and Stretch 8 x 100 on 2:00 Stroke Drills 4 on F	DEC			5:30 AM Start			
800				Yards	Set Description EGY WOR			
180	12 x 15 on :30 Shooters 3 on each	SP3			=======================================	= ===	= ==	
	$2x\{1 \times 100 \text{ on } 2:00 \text{ Fly kick w/out board}\}$				1 on 30:00 Weights	L DR	Y	
	{1 x 100 on 2:00 Kick	EN1		400	1 x 400 on 6:00 Choice REC	S CHO		
	{1 x 100 on 2:00 Free kick w/out brd			250	10 x 25 on :30 Berzerks SP3	S FL	Y 2	
	{1 x 100 on 2:00 Kick	EN1			1x{3 x 125 on 1:50 Pulls EN1	P FI	R 1	
	$2x{1 x 25 on :30 Pulls-nbbf&w}$	EN1			{3 x 125 on 1:45 Pulls EN1	P FI	R 1	
	{1 x 50 on :50 Pulls-nbbf&w	EN1			{2 x 125 on 1:40 Pulls EN1	P FI	R 1	
	{1 x 75 on 1:10 Pulls-nbbf&w	EN1			$1x\{8 \times 75 \text{ on } 1:00 \text{ Freestyle} $ EN2	S FI	R 1	
	{1 x 100 on 1:30 Pulls-nbbf&w	EN1			$\{8 \times 75 \text{ on } :55 \text{ Freestyle} \}$ EN2	S FI	R 1	
	1x{1 x 100 on 1:45 Individual Medley	EN1			$\{8 \times 75 \text{ on } : 50 \text{ Freestyle} \}$ EN2	S FI	R 1	
	$\{4 \times 50 \text{ on } 1:00 \text{ Stroke Drills } 1 \text{ on } E$	EN1		400		D CI	D 2	
	{1 x 100 on 1:40 Individual Medley	EN1			7:00 AM 3,850 Yards - Stress Value = 56			
	{3 x 50 on 1:00 Stroke Drills no fr	EN1			·			
	{1 x 100 on 1:35 Individual Medley	EN1			Wl4 #1559 Thl 00 N 2001			
	$\{2 \times 50 \text{ on } 1:00 \text{ Drill fly and back} \}$	EN1			Workout #1558 - Thursday, 08 November 2001			
	{1 x 100 on 1:30 Individual Medley	EN1			HighSchl - All			
	{1 x 50 on 1:00 Stroke Drills	REC			1 minute rest between sets			
300	1 x 300 on 5:00 Six kick switch	REC						
	7:43 PM 3,480 Yards - Stress Value = 29)			11:00 AM Start			
	•			Yards	Set Description	EGY	WOF	
	Workent #1554 Wednesday 07 Nevember 2001			======	=======================================			
	Workout #1554 - Wednesday, 07 November 2001				1 on 30:00 Stomach and Stretch			
	HighSchl - All			600	1 x 600 on 12:00 Swim-kick-pull-swim	DEC		
	1 minute rest between sets			300	12 x 25 on :30 Berzerks	SP3		
				300	1x{4 x 50 on 1:10 Kick	EN2		
	3:00 PM Start				{4 x 50 on 1:05 Kick	EN2		
Yards	Set Description	EGY	WOF			EN2		
======	=======================================				{4 x 50 on 1:00 Kick			
	1 on 30:00 Stomach and Stretch				1x{1 x 200 on 3:00 Pulls	EN1		
800	1 x 800 on 16:00 Swim-kick-pull-swin	n REC			{1 x 200 on 2:55 Pulls	EN1		
300	12 x 25 on :30 Berzerks	SP3		F 0 0	{1 x 200 on 2:50 Pulls	EN1		
300	1x{4 x 100 on 2:00 Kick	EN2		500	10 x 50 on 1:00 DEBF 1-5 all free	EN1		
	{3 x 100 on 2:05 Kick	EN2			6-10 25 fr 25 stroke			
	{2 x 100 on 2:10 Kick	EN2		300	1 x 300 on 45:00 Time trials	SP1		
	•			800	8 x 100 on 1:45 Stroke Drills	EN1		
	{1 x 100 on 2:15 Kick 1x{1 x 100 on 1:45 Pulls	EN2			1:25 PM 3,700 Yards - Stress Value = 67			
	{2 x 100 on 1:40 Pulls	EN1						
	•	EN1			Workout #1560 - Friday, 09 November 2001			
	{3 x 100 on 1:35 Pulls	EN1			HighSchl - All			
200	{4 x 100 on 1:30 Pulls	EN1			g			
300	6 x 50 on :50 Freestyle	EN1			1 minute rest between sets			
	6x{1 x 200 on 3:45 Breaststroke	EN1						
	{1 x 50 on 1:00 Breast w/ fly kick	EN1			3:00 PM Start			
	{1 x 50 on 1:00 Breast w/ free kick	EN1		Yards	Set Description		WOF	
4.5.0	{1 x 50 on 1:00 Breast 2 kick 1 pull	EN1		=====		===	===	
450	9 x 50 on 1:00 Stroke Drills	REC			1 on 30:00 Stomach and Stretch			
	5:30 PM 5,950 Yards - Stress Value = 66)		600	1 x 600 on 12:00 Swim-kick-pull-swim	REC		
					$1x{3 x 50 on 1:05 Kick-descend}$	EN2		
	Workout #1559 - Thursday, 08 November 2001				{3 x 50 on 1:00 Kick-descend	EN2		
	Group 3 - Chris P.				{3 x 50 on :55 Kick-descend	EN2		
	•				$1x\{6 \times 50 \text{ on } 1:00 \text{ Pulls-nbbf&w}$	EN1		
	1 minute rest between sets				$\{4 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w}$	EN1		
					{2 x 50 on :40 Pulls-nbbf&w	EN1		
	6:00 PM Start				6x{1 x 100 on 1:40 Individual Medley	EN1		
Yards	Set Description	EGY			{4 x 25 on :30 Butterfly	EN1		
=====	=======================================	=== :		400	4 x 100 on 1:30 Freestyle-descend to	EN2		
	1 on 30:00 Stomach and Stretch		Ι		ludicrous speed			
400	8×50 on 1:00 Stroke Drills 2 on E	REC	Ι	250	-	REC		
180	12×15 on :30 Shooters	SP3	٤		1 on 20:00 Run the Gauntlet!!!!			
450	6×75 on 1:30 IM kick w/out board	EN1	ŀ		5:00 PM 3,500 Yards - Stress Value = 35			
	no free				1,111 111111 1111111 11111			
	$1x{4 x 75 on 1:15 Pulls-nbbf&w}$	EN1	E					
	$\{4 \times 50 \text{ on } 1:00 \text{ Pulls-nbbf&w}$	EN1	E					
	{4 x 25 on :30 Pulls-nbbf&w	EN1	E					
	4v(1 v 100 on 1.45 Individual Medley	EN1	c					

EN1

EN1

EN1

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Workout #1561 - Saturday, 10 November 2001 HighSchl - All

1 minute rest between sets

	7:00	ΑN	1 St	tart	Ī.						
Yards	Se	et	Des	crip	ption				EGY	WORK	Ę
	==	-=-							===	====	=
	1	or	1 30	:00	Stoma	ach and S	Stre	etch		L	Γ
800	8	Х	100	on	2:00	Stroke D	ril	ls	REC	D	
180	12	2 >	15	on	:30	Shooters			SP3	S	E
	2x{1	Х	100	on	2:00	Kick			EN2	K	(
	{ 1	Х	100	on	1:55	Kick			EN2	K	(
	{ 1	Х	100	on	1:50	Kick			EN2	K	(
	{ 1	Х	100	on	1:45	Kick			EN2	K	(
	{ 1	Х	100	on	1:40	Kick			EN2	K	(
	1x{2	Х	250	on	3:30	Pulls			EN1	P	
	{ 2	Х	250	on	3:20	Pulls			EN1	P	
	{ 1	Х	250	on	3:10	Pulls			EN1	P	
	1x{2	Х	100	on	1:45	Individu	ıal	Medley	EN1	S	
	{ 2	Х	100	on	1:35	Individu	ıal	Medley	EN1	S	
	{ 2	Х	100	on	1:25	Individu	ıal	Medley	EN1	S	
	4x{5	Х	125	on	1:30	Freestyl	Le		EN2	S	
	{ 1	or	1:0	0 C	Rest					M	
600	6	Х	100	on	2:00	Stroke D	ril	ls	REC	D	
	9:30	ΑN	16,9	930	Yard	s - Stres	ss V	/alue =	95		

Workout #1564 - Monday, 12 November 2001 Group 3 - All

1 minute rest between sets

Yards		PM Start et Description	EGY	WORK
	==		===	====
		on 30:00 Stomach and Stretch		L
	,	x 200 on 3:30 Reverse IM drill		
		x 200 on 3:20 Reverse IM drill		
	,	x 200 on 3:10 Reverse IM drill		
		x 200 on 3:00 Reverse IM drill		
	-	x 50 on 1:00 first 12.5 yds fast		
		x 50 on 1:00 2nd 12.5 yds fast	SP3	
	{ 1	x 50 on 1:00 3rd 12.5 yards fast	SP3	
	-	x 50 on 1:00 Last 12.5 yds fast		
	1x{4	x 25 on :45 Sprint kick	EN3	K
	{ 1	x 100 on 2:00 Kick	EN2	K
		x 25 on :45 Sprint kick	EN3	S
	{ 2	x 100 on 1:50 Kick	EN2	K
	{ 4	x 25 on :45 Sprint kick	EN3	S
	{ 3	x 100 on 1:40 Kick	EN2	K
	{ 4	x 25 on :45 Sprint kick	EN3	K
	1x{6	x 75 on 1:10 Pulls	EN1	P
	{ 6	x 75 on 1:05 Pulls	EN1	P
	{ 6	x 75 on 1:00 Pulls	EN1	P
300	6	x 50 on :50 Freestyle	EN1	S
	1x{1	x 400 on 6:00 Freestyle	EN2	S
	{ 1	x 400 on 5:50 Freestyle	EN2	S
	{ 1	x 400 on 5:40 Freestyle	EN2	S
	{ 1	x 400 on 5:30 Freestyle	EN2	S
	{ 1	x 400 on 5:20 Freestyle	EN2	S
400	8	x 50 on 1:00 Stroke Drills	REC	D
	8:30	PM 6,650 Yards - Stress Value = 3	L25	

Workout #1562 - Monday, 12 November 2001 HighSchl - All

1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	= ===	====
400	1 x 400 on 7:00 Swim-kick-pull-swi	m REC	٤
180	12 x 15 on :30 Shooters	SP3	٤
	$1x{1 x 400 on 6:00 Pulls}$	EN1	Ε
	{2 x 200 on 3:00 Pulls	EN1	E
	{4 x 100 on 1:30 Pulls	EN1	E

8 }	x 50 on :45 Pulls	EN1	E
2x{1	x 200 on 3:30 50 fr 100 IM 50 fr	EN1	٤
{ 1	x 25 on :45 Butterfly	SP1	٤
{ 1	x 200 on 3:30 50 fr 100 IM 50 fr	EN1	٤
{ 1	x 50 on 1:30 25 fly 25 back	SP1	٤
{ 1	x 200 on 3:30 50 fr 100 IM 50 fr	EN1	S
{ 1	\times 75 on 2:15 IM without the free	SP1	٤
{ 1	x 200 on 3:30 50 fr 100 IM 50 fr	SP1	S
{ 1	x 100 on 3:00 Individual Medley	SP1	٤
300 6	x 50 on 1:00 Stroke Drills	REC	Γ
7:00	AM 4,580 Yards - Stress Value = 1	L07	

Workout #1563 - Monday, 12 November 2001 HighSchl - All

1 minute rest between sets

	Yards	Se		EGY WO
_			on 30:00 Stomach and Stretch	
	800		x 800 on 16:00 Swim-kick-pull-swim F	REC
	180		-	SP3
	1,200	2x{1	x 100 on 2:00 Kick	EN2
		{ 1	x 50 on :45 Kick	EN2
		{ 1	x 100 on 1:55 Kick	EN2
		{ 1	x 50 on :50 Kick	EN2
		{ 1	x 100 on 1:50 Kick	EN2
		{ 1	x 50 on :55 Kick	EN2
		{ 1	x 100 on 1:45 Kick	EN2
		•		EN2
	1,200	•	x 150 on 2:00 Pulls mid 50 br ev 9 E	
		•	x 150 on 1:55 Pulls mid 50 br ev 7 E	
		-	x 150 on 1:50 Pulls mid 50 br ev 5 E	
		•	x 150 on 1:45 Pulls mid 50 br ev 3 E	
	200			EN1
	3,600			EN2
		-		EN2
				EN2
				EN2
				EN2
		-		EN2
				EN2
				EN1
	0.00		on 1:00 Rest	
	200	Τ	x 200 on 3:00 Stroke Drills F	REC

5:31 PM 7,380 Yards - Stress Value = 116

Workout #1567 - Tuesday, 13 November 2001 Group 3 - All 1 minute rest between sets

	6:00 PM Start	
Yards	Set Description	EGY WOF
	=======================================	=== ===
	1 on 30:00 Stomach and Stretch	
	$1x{4 x 25 on :30 Stroke Drills}$	REC
	$\{4 \times 50 \text{ on } :55 \text{ Stroke Drills}$	REC
	$\{4 \times 75 \text{ on } 1:15 \text{ Stroke Drills}$	REC
	{4 x 100 on 1:30 Stroke Drills	REC
180	12 x 15 on :30 Shooters	SP3
	1x{3 x 100 on 2:00 Kick	EN2
	{2 x 100 on 1:55 Kick	EN2
	{1 x 100 on 1:50 Kick	EN2
	{1 x 50 on 1:00 Kick	EN2
	{2 x 50 on :55 Kick	EN2
	{3 x 50 on :50 Kick	EN2
	3x{1 x 100 on 1:30 Pulls no br L. 8 yds	EN1
	{1 x 100 on 1:30 Pulls no br L.12 yds	
	{1 x 100 on 1:30 Pulls no br L.16 yds	
	{1 x 100 on 1:30 Pulls no br L.20 yds	
400	4 x 100 on 1:40 Individual Medley	
	-	EN1
	{6 x 50 on :55 Back des in 3's	EN1
200		
200	8:30 PM 6,680 Yards - Stress Value = 69	
	o.oo iii o, ooo lalaa beleeb valae oo	

Workout #1565 - Tuesday, 13 November 2001 HighSchl - All 1 minute rest between sets

	5:30 AM Start	
Yards	Set Description	EGY WOF
=====	=======================================	=== ===
	1 on 25:00 Weights	
600	6×100 on 1:30 Descend in sets of 3	EN1
300	12 x 25 on :30 Berzerks	SP3
1,600	2 x 800 on 11:00 Pulls	EN1
	$4x{1 x 50 on :00 Freestyle}$	SP1
	{1 x 200 on 5:00 Freestyle	REC
400	1 x 400 on 6:00 Six kick switch	REC

Workout #1566 - Tuesday, 13 November 2001 HighSchl - All

7:02 AM 3,900 Yards - Stress Value = 50

1 minute rest between sets

3:00 PM Start

Set	Description	EGY	WORK
	-		====
2x{1 x	200 on 3:30 Reverse IM drill	REC	D
{2 x	100 on 1:45 Stroke Drills	REC	D
4x{1 x	75 on 1:30 25 fast	SP3	S
{1 x	75 on 1:30 2nd 25 fast	SP3	S
{1 x	75 on 1:30 3rd 25 fast	SP3	S
1x{1 x	150 on 3:00 Kick no board	EN2	K
{4 x	50 on 1:00 Kick	EN2	K
{1 x	150 on 3:00 Kick no board	EN2	K
{4 x	50 on :55 Kick	EN2	K
{1 x			
{4 x	50 on :50 Kick	EN2	K
4 x	250 on 3:30 Pulls-nbbf&w	EN1	P
1x{1 x	100 on 1:40 Individual Medley	EN1	
{1 x	-	EN1	
{1 x	50 on :50 Breaststroke	EN1	
{1 x			
{1 x	100 on 1:30 Freestyle	EN1	S
1x{4 x	125 on 2:00 Backstroke	EN1	
•			
•			
{4 x	50 on :45 Backstroke	EN1	S
	2x{1 x {2 x 4x{1 x {1 x {1 x 1x{1 x 4 x {1 x 4 x {1 x 4 x 1x x 4 x 1x x 1x x 4 x 1x x 4 x 1x x 4 x 1x x 4 x	<pre>2x{1 x 200 on 3:30 Reverse IM drill {2 x 100 on 1:45 Stroke Drills 4x{1 x 75 on 1:30 25 fast {1 x 75 on 1:30 2nd 25 fast {1 x 75 on 1:30 3nd 25 fast {1 x 75 on 1:30 3rd 25 fast {1 x 150 on 3:00 Kick no board {4 x 50 on 1:00 Kick {1 x 150 on 3:00 Kick no board {4 x 50 on :55 Kick {1 x 150 on 3:00 Kick no board {4 x 50 on :50 Kick {1 x 150 on 3:30 Pulls-nbbf&w {1 x 150 on 3:30 Pulls-nbbf&w {1 x 50 on :50 Kick {1 x 250 on :15 Butterfly {1 x 75 on 1:15 Butterfly {1 x 50 on :50 Breaststroke {1 x 25 on :25 Backstroke {1 x 100 on 1:30 Freestyle {1 x 125 on 2:00 Backstroke {4 x 100 on 1:35 Backstroke }</pre>	2x{1 x 200 on 3:30 Reverse IM drill REC {2 x 100 on 1:45 Stroke Drills REC 4x{1 x 75 on 1:30 25 fast SP3 {1 x 75 on 1:30 2nd 25 fast SP3 {1 x 75 on 1:30 3rd 25 fast SP3 {1 x 75 on 1:30 3rd 25 fast SP3 {1 x 75 on 1:30 3rd 25 fast SP3 1x{1 x 150 on 3:00 Kick no board EN2 {4 x 50 on 1:00 Kick EN2 {1 x 150 on 3:00 Kick no board EN2 {4 x 50 on :55 Kick EN2 {1 x 150 on 3:00 Kick no board EN2 {4 x 50 on :50 Kick EN2 {1 x 150 on 3:30 Pulls-nbbf&w EN1 1x{1 x 100 on 1:40 Individual Medley EN1 {1 x 75 on 1:15 Butterfly EN1 {1 x 50 on :50 Breaststroke EN1 {1 x 25 on :25 Backstroke EN1 {1 x 100 on 1:30 Freestyle EN1 {1 x 100 on 1:30 Freestyle EN1 {1 x 100 on 1:30 Freestyle EN1 {1 x 100 on 1:35 Backstroke EN1 {4 x 100 on 1:35 Backstroke EN1 {4 x 75 on 1:10 Backstroke EN1 {4 x 75 on 1:10 Backstroke EN1

	{ 4	Х	25	on	:30	Backstroke	EN1	S
	10x{1	Х	25	on	:30	Freestyle	EN1	S
	{ 1	Х	25	on	:20	Freestyle	EN2	S
400	4	Х	100	or or	2:0	00 Stroke Drills	REC	D
	1	01	n 15	5:00) Sto	omach and Pushups		L
	5:15 1	РМ	6.5	500	Yard	ds - Stress Value	= 92	

Workout #1569 - Wednesday, 14 November 2001 Group 3 - All

1 minute rest between sets

	6:00 PM Start			
Yards	Set Description	EGY	WORK	Sī
	=======================================	===	====	==
	1 on 30:00 Stomach and Stretch		L	DF
800	16 x 50 on 1:00 Stroke Drills	REC	D	CF
180	12 x 15 on :30 Shooters	SP3	S	E
	$1x{3 x 100 on 2:00 Kick-descend}$	EN2	K	CF
	${3 \times 100 \text{ on } 1:55 \text{ Kick-descend}}$	EN2	K	CF
	{3 x 100 on 1:50 Kick-descend	EN2	K	CF
	$1x{2 x 100 on 1:30 Lungbuster pulls}$	EN1	P	F
	{1 x 200 on 2:20 Pulls	EN1	P	F
	{2 x 100 on 1:30 Lungbuster pulls	EN1	P	F
	{1 x 300 on 3:30 Pulls	EN1	P	F
	{2 x 100 on 1:30 Lungbuster pulls	EN1	P	F
	{1 x 400 on 4:40 Pulls	EN1	P	F
300	12×25 on :30 IM order-build	EN1	S	I
	$4x{4 \times 50}$ on 1:15 Under overs	EN2	S	E
	{1 x 100 on 1:50 Breaststroke	EN1	S	E
	$\{1 \times 100 \text{ on } 1:45 \text{ Breaststroke} \}$	EN1	S	Ε
	{1 x 100 on 1:40 Breaststroke	EN1	S	E
400	1 x 400 on 7:00 Stroke Drills	REC	D	C
	8:30 PM 6,080 Yards - Stress Value =	= 71		

Workout #1568 - Wednesday, 14 November 2001 HighSchl - All 1 minute rest between sets

Yards		PM Start et Description	EGY	WORF
=====	==		===	====
	1	on 30:00 Stomach and Stretch		I
800	4	x 200 on 3:45 Swim-kick-pull-swim	REC	٤
180	12	2 x 15 on :30 Shooters	SP3	٤
	1x{4	x 25 on :45 Sprint kick	EN2	
	{ 1	x 100 on 2:00 Kick	EN2	ľ
	{ 4	x 25 on :45 Sprint kick	EN2	F
	{ 2			F
		-	EN2	F
	{ 3	x 100 on 1:40 Kick	EN2	
	{ 4	±	EN2	
	1x{4	x 100 on 1:30 Pulls	EN1	E
	-	x 100 on 1:25 Pulls	EN1	
	-	x 100 on 1:20 Pulls	EN1	
	{ 1	x 100 on 1:15 Pulls	EN1	
	-	x 50 on 1:00 Free last 25 fast	EN1	
	-	x 50 on :55 Free last 25 fast		
	{ 2	x 50 on :50 Free last 25 fast	EN1	
	,	x 50 on :45 Free last 25 fast		
	,	x 200 on 3:30 Breaststroke	EN1	
	,	x 25 on 1:00 Breast from a dive		
	•		EN1	
	,	x 25 on 1:00 Breast from a dive		
	-		EN1	
	•	x 25 on 1:00 Breast from a dive		
	,	x 50 on :45 Breaststroke	EN2	
		x 25 on 1:00 Breast from a dive		
400		x 400 on 6:00 Six kick switch		Γ
	5:30	PM 5,680 Yards - Stress Value = 81	Ĺ	

Workout #1571 - Thursday, 15 November 2001 Group 3 - All

1 minute rest between sets

Workout #1573 - Friday, 16 November 2001 HighSchl - All 1 minute rest between sets

	6:00 PM Start			3:00 PM Start			
Yards	Set Description	EGY WC	Yards	Set Description	EGY	WORK	٤
=====		=== ==	=====	=======================================	===	====	=
	1 on 30:00 Stomach and Stretch			1 on 15:00 Stretching		L	Γ
800	1 x 800 on 16:00 Swim-kick-drill-swim	REC	525	7×75 on 1:30 Stroke Drills	REC	D	
180	12 x 15 on :30 Shooters	SP3	800	1 x 800 on 16:00 Vertical kicking	EN2	K	C
	1x{2 x 100 on 2:00 Kick	EN2	275	11 x 25 on :30 Berzerks	SP3	S	C
	{1 x 100 on 1:30 Kick	EN2		$4x{1 x 25 on :00 Your Stroke}$	SP2	S	
	{2 x 100 on 2:00 Kick	EN2		$\{1 \times 25 \text{ on } 1:30 \text{ Freestyle} \}$	REC	S	
	{1 x 100 on 1:30 Kick	EN2		{1 x 50 on :00 Your Stroke	SP2	S	
	{2 x 100 on 2:00 Kick	EN2		$\{1 \times 50 \text{ on } 3:00 \text{ Freestyle} \}$	REC	S	
	{1 x 100 on 1:30 Kick	EN2		{1 x 75 on :00 Individual Medley	SP2	S	
	{2 x 100 on 2:00 Kick	EN2		$\{1 \times 75 \text{ on } 4:30 \text{ Freestyle} \}$	REC	S	
	1x{2 x 300 on 3:30 Pulls	EN1		{1 x 100 on :00 Individual Medley	SP2	S	
	{2 x 300 on 3:25 Pulls	EN1		$\{1 \times 100 \text{ on } 6:00 \text{ Freestyle}$	REC	S	
	{2 x 300 on 3:20 Pulls	EN1		{ 1 set on each stroke			
400	1 x 400 on 6:00 Reverse IM drill	EN1		1 on 10:00 Run the Gauntlet		S	F
	$8x{8 \times 25 \text{ on :} 30 \text{ Butterfly}}$	EN2		5:01 PM 3,600 Yards - Stress Value =	127		
	{1 on 1:00 Rest						
250	1 x 250 on 4:00 Stroke Drills	REC		Workout #1574 - Saturday, 17 November 2001			
	8:30 PM 6,130 Yards - Stress Value = 83			HighSohl All			

Workout #1570 - Thursday, 15 November 2001 HighSchl - All 1 minute rest between sets

3:00 PM Start Yards Set Description EGY WOF ===== 1 on 30:00 Stomach and Stretch 1 x 800 on 16:00 Swim-kick-pull-swim REC 180 12 x 15 on :30 Shooters $1x{1 x 100 on 2:00 Kick}$ EN2 {1 x 100 on 1:30 Kick EN2 $\{2 \times 100 \text{ on } 2:00 \text{ Kick} \}$ EN2 {1 x 100 on 1:30 Kick EN2 {3 x 100 on 2:00 Kick $\{1 \times 100 \text{ on } 1:30 \text{ Kick} \}$ EN2 $1x{2 x 300 on 3:30 Pulls}$ EN1 $\{2 \times 300 \text{ on } 3:25 \text{ Pulls}$ EN1 {2 x 300 on 3:20 Pulls EN1 1 x 400 on 7:00 Reverse IM drill EN1 $8x{8 \times 25 \text{ on } :30 \text{ Butterfly}}$ {1 on 1:00 Rest 8 x 50 on 1:00 Stroke Drills REC 5:31 PM 6,080 Yards - Stress Value = 79

Workout #1572 - Friday, 16 November 2001 HighSchl - All 1 minute rest between sets

	5:30 AM Start	
Yards	Set Description	EGY WOF
=====	=======================================	=== ===
600	1 x 600 on 10:00 Reverse IM drill	REC
300	12 x 25 on :30 Berzerks	SP3
	1x{6 x 75 on 1:10 Pulls	EN1
	{6 x 75 on 1:05 Pulls	EN1
	{6 x 75 on 1:00 Pulls	EN1
	1x{3 x 100 on 1:30 Freestyle	EN1
	${3 \times 200 \text{ on } 2:50 \text{ Freestyle}}$	EN1
	{3 x 300 on 4:00 Freestyle	EN2
	${3 \times 400 \text{ on } 5:00 \text{ Freestyle}}$	EN2
400	4 x 100 on 1:30 Descend to Ludicrous	EN2
	speed	
200	1 x 200 on 3:00 Stroke Drills	REC
	7:00 AM 5,850 Yards - Stress Value = 83	

Workout #1574 - Saturday, 17 November 2001 HighSchl - All 1 minute rest between sets

	7:00 AM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 25:00 Weights		
	1 on 30:00 Talk w/ PH Mullen		
600	1 x 600 on 11:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 Berzerks	SP3	
	9x{1 x 50 on 1:00 Kick	EN2	
	{1 x 50 on :55 Kick	EN2	
700	1 x 700 on 10:00 Pulls	EN1	
400	8 x 50 on :45 Freestyle	EN1	
	1x{6 x 100 on 1:05 Freestyle	EN2	
	{1 on 1:00 Rest		
	{5 x 100 on 1:05 Freestyle	EN2	
	{1 on 1:00 Rest		
	{4 x 100 on 1:05 Freestyle	EN2	
	{1 on 1:00 Rest		
	{3 x 100 on 1:05 Freestyle	EN2	
	{1 on 1:00 Rest		
	{2 x 100 on 1:05 Freestyle	EN2	
	{1 on 1:00 Rest		
	{1 x 100 on 1:05 Freestyle	EN2	
500	1	REC	
	9:30 AM 5,500 Yards - Stress Value = 83		

Workout #1576 - Monday, 19 November 2001 Group 3 - All

1 minute rest between sets

	6:00 PM Start		
Yards	Set Description	EGY	WC
=====	=======================================	===	==
	1 on 30:00 Stomach and Stretch		
800	8 x 100 on 2:00 Stroke Drills	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{2 x 100 on 2:05 Kick	EN2	
	{2 x 100 on 2:00 Kick	EN2	
	{2 x 100 on 1:55 Kick	EN2	
	{2 x 100 on 1:50 Kick	EN2	
	{2 x 100 on 1:45 Kick	EN2	
	{2 x 100 on 1:40 Kick	EN2	
	$1x{6 x 75 on 1:10 Pulls}$	EN1	
	{6 x 50 on :45 Pulls	EN1	
	{6 x 25 on :30 Pulls	EN1	
600	6×100 on 1:30 Descend in sets of 3	EN1	
	$1x{3 \times 200 \text{ on } 2:30 \text{ Freestyle}}$	EN2	
	{3 x 200 on 2:25 Freestyle	EN2	
	{3 x 200 on 2:20 Freestyle	EN2	
	$10x\{1 \times 25 \text{ on } : 30 \text{ Freestyle}$	EN1	
	$\{1 \times 25 \text{ on } : 20 \text{ Freestyle}$	EN1	
500	10 x 50 on 1:00 Stroke Drills	REC	
	8:27 PM 6,480 Yards - Stress Value = 86		

Workout #1575 - Monday, 19 November 2001 HighSchl - All

1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WC
=====	=======================================	===	==
	1 on 30:00 Stomach and Stretch		
800	8 x 100 on 2:00 Stroke Drills	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{2 x 100 on 2:05 Kick	EN2	
	{2 x 100 on 2:00 Kick	EN2	
	{2 x 100 on 1:55 Kick	EN2	
	{2 x 100 on 1:50 Kick	EN2	
	{2 x 100 on 1:45 Kick	EN2	
	{2 x 100 on 1:40 Kick	EN2	
	1x{6 x 75 on 1:10 Pulls	EN1	
	{6 x 50 on :45 Pulls	EN1	
	{6 x 25 on :30 Pulls	EN1	
600	6 x 100 on 1:30 Descend in sets of 3	EN1	
	1x{3 x 200 on 2:30 Freestyle	EN2	
	{3 x 200 on 2:25 Freestyle	EN2	
	{3 x 200 on 2:20 Freestyle	EN2	
	10x{1 x 25 on :30 Freestyle	EN1	
	{1 x 25 on :20 Freestyle	EN1	
500	-	REC	
	5:27 PM 6,480 Yards - Stress Value = 86		

Workout #1579 - Tuesday, 20 November 2001 Group 3 - All

1 minute rest between sets

	6:00 PM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 30:00 Stomach and Stretch		I
	$3x{1 \times 200 \text{ on } 4:00 \text{ Reverse IM drill}}$	REC	Ι
	${3 \times 50 \text{ on :} 45 \text{ Freestyle}}$	EN1	٤
180	12 x 15 on :30 Shooters	SP3	٤
	$3x{1 \times 200 \text{ on } 4:00 \text{ Kick}}$	EN2	F
	{1 x 100 on 1:30 Kick	EN2	F
	1x{1 x 400 on 5:30 Pulls	EN1	E
	{1 x 400 on 5:15 Pulls	EN1	E
	{1 x 400 on 5:00 Pulls	EN1	E
	$1x{4 \times 50}$ on 1:00 25 stroke 25 free	EN1	٤

+	(3 x	50 on	:50 25	stroke	25 fre	е	EN1	S
+	{2 x	50 on	:40 25	stroke	25 fre	е	EN1	S
1x	(5 x	100 o	n 1:45	Backstr	oke		EN1	٤
+	{4 x	50 on	1:00 B	ack 15m	under	water	EN1	٤
+	{4 x	100 o	n 1:35	Backstr	oke		EN1	S
+	{4 x	50 on	1:00 B	ack 15m	under	water	EN1	S
+	(3 x	100 o	n 1:25	Backstr	oke		EN1	S
+	{4 x	50 on	1:00 B	ack 15m	under	water	EN1	٤
500	20 :	x 25 o	n :30 I	M order			EN1	٤
250	1 x	250 o	n 5:00	Stroke 1	Drills		REC	Γ
8:3	30 PI	4 6,33	0 Yards	- Stre	ss Valu	e = 69	9	

Workout #1580 - Tuesday, 20 November 2001 Group 3 - All

	6:00	PM Start			
Yards	Se	et Description	EGY	WORK	STK
=====	==		===	====	===
	1	on 30:00 Stomach and Stretch		L	DRY
	1x{1	x 400 on 7:00 Freestyle	REC	S	FR
	{ 1	x 300 on 5:15 Backstroke	REC	S	BK
	{ 1	x 200 on 3:30 Breaststroke	EN1	S	BR
	{ 1	x 100 on 1:45 Butterfly	EN1	S	FLY
300	12	2 x 25 on :30 Berzerks	SP3	S	BK
	2x{4	x 100 on 2:00 Breaststroke	EN1	S	BR
	{ 3	x 75 on 1:20 Breaststroke	EN1	S	BR
	{ 2	x 50 on :50 Breaststroke	EN1	S	BR
	{ 1	x 25 on :20 Breaststroke	EN2	S	BR
	{ 1	on :30 Rest		M	
	1x{4	x 50 on 1:00 Pulls-nbbf&w	EN1	P	FR
	{ 4	x 50 on :55 Pulls-nbbf&w	EN1	P	FR
	{ 4	x 50 on :50 Pulls-nbbf&w	EN1	P	FR
	{ 4	x 50 on :45 Pulls-nbbf&w			FR
	3x{1	x 100 on 2:00 Kick	EN2	K	CHO
	{ 1	x 100 on 1:45 Kick	EN2	K	CHO
	{ 1	x 100 on 1:30 Kick	EN2	K	CHO
	2x{4	x 100 on 1:40 Breaststroke	EN1	S	BR
	{ 3	x 75 on 1:10 Breaststroke	EN2	S	BR
	{ 2	x 50 on :45 Breaststroke	EN2	S	BR
	{ 1	x 25 on :15 Breaststroke	EN2	S	BR
	{ 1	on :40 Rest		M	
300	1	x 300 on 5:00 Stroke Drills	REC	D	CD
	8:30	PM 6,300 Yards - Stress Value	= 7	8	

Workout #1577 - Tuesday, 20 November 2001 HighSchl - All 1 minute rest between sets

	5:30	AM Start	
Yards	Se	et Description	EGY WOF
	==	=======================================	
	1	on 25:00 Weights	
400	1	x 400 on 7:00 Reverse IM drill	REC
200	8	x 25 on :30 Berzerks	SP3
	1x{2	x 125 on 1:55 Pulls no br L.5 yds 1	EN1
	{ 2	x 125 on 1:50 Pulls no br L.10 yds 1	EN1
	{ 2	x 125 on 1:45 Pulls no br L.15 yds 1	EN1
	{ 2	x 125 on 1:40 Pulls no br L.20 yds 1	EN1
	{ 2	x 100 on 1:40 Pulls no br L.5 yds 1	EN1
	{ 2	x 100 on 1:35 Pulls no br L.10 yds 1	EN1
	{ 2	x 100 on 1:30 Pulls no br L.15 yds 1	EN1
	{ 2	x 100 on 1:25 Pulls no br L.20 yds 1	EN1
	2x{1	x 100 on 1:30 Freestyle	EN1
	{ 1	x 100 on 1:35 Individual Medley	EN1
	{ 1	x 100 on 1:25 Freestyle	EN1
	{ 1	x 100 on 1:35 Individual Medley	EN1
	{ 1	x 100 on 1:20 Freestyle	EN1
	{ 1	x 100 on 1:40 Individual Medley	EN1
	{ 1	x 100 on 1:15 Freestyle	EN1
	{ 1	x 100 on 1:45 Individual Medley	EN1
200	1	x 200 on 3:00 Stroke Drills	REC
	7:05	AM 4,200 Yards - Stress Value = 40	

Workout #1578 - Tuesday, 20 November 2001 HighSchl - All

1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WORF
	=======================================	===	====
	1 on 30:00 Stomach and Stretch		I
	$3x{1 x 200 on 4:00 Reverse IM drill}$	REC	Ι
	${3 \times 50 \text{ on :} 45 \text{ Freestyle}}$	EN1	٤
180	12 x 15 on :30 Shooters	SP3	
	3x{1 x 200 on 4:00 Kick	EN2	ŀ
	{1 x 100 on 1:30 Kick	EN2	ŀ
	1x{1 x 400 on 5:30 Pulls	EN1	E
	{1 x 400 on 5:15 Pulls	EN1	E
	{1 x 400 on 5:00 Pulls	EN1	E
	1x{4 x 50 on 1:00 25 stroke 25 free	EN1	٤
	{3 x 50 on :50 25 stroke 25 free	EN1	٤
	{2 x 50 on :40 25 stroke 25 free	EN1	٤
	1x{5 x 100 on 1:45 Backstroke	EN1	٤
	{4 x 50 on 1:00 Back 15m under water	EN1	٤
	{4 x 100 on 1:35 Backstroke	EN1	٤
	$\{4 \times 50 \text{ on } 1:00 \text{ Back } 15\text{m under water}$	EN1	٤
	{3 x 100 on 1:25 Backstroke	EN1	٤
	{4 x 50 on 1:00 Back 15m under water	EN1	٤
500	20 x 25 on :30 IM order	EN1	٤
250	1 x 250 on 5:00 Stroke Drills	REC	Ι
	5:30 PM 6,330 Yards - Stress Value = 69	9	

Workout #1581 - Wednesday, 21 November 2001 HighSchl - All

1 minute rest between sets

	3:00 H	PM St	art	;								
Yards	Set	Desc	rip	otion							EGY	WOF
	===		===				-==	====	====	==	===	===
	1 0	on 30:	00	Stoma	ach and	d Sti	cet	ch				
800	4 ×	200	on	4:00	Swim-	kick-	-pu	11-5	swir	n	REC	
180	12	x 15	on	:30 8	Shoote	rs					SP3	
	1x{2 >	200	on	4:00	Kick						EN2	
	{2 x	175	on	3:15	Kick						EN2	
	{2 x	150	on	2:35	Kick						EN2	
	1x{4 x	150	on	2:15	Pulls	mid	50	br	ev	7	EN1	
	{3 x	150	on	2:10	Pulls	mid	50	br	ev	8	EN1	

{2 x 150 on 2:05 Pulls mid 50 br	ev 9 EN1								
{1 x 150 on 2:00 Pulls mid 50 br	ev10 EN1								
2x{1 x 100 on 1:45 Individual Medle	y EN1								
$\{1 \times 50 \text{ on } :50 \text{ Freestyle}$	EN1								
$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1								
$\{1 \times 50 \text{ on } : 40 \text{ Freestyle} \}$	EN1								
$3x{1 \times 400 \text{ on } 8:00 \text{ Breaststroke}}$									
{ r. 10 sec after each									
{ 100 and descend 1-4									
{4 x 50 on 1:15 Breast under over	EN2								
{ 100% on the over									
200 1 x 200 on 3:00 Stroke Drills	REC								
5:30 PM 6,030 Yards - Stress Value	= 72								

Workout #1582 - Thursday, 22 November 2001 HighSchl - All

1 minute rest between sets

Yards	T	ime	Set Description				EGY	WORK	STK	PF	
=====	=====	===	==	===	=======================================			===	====	===	===
	8:00	AM	1	on	59:59	Water	Polo		S		
	9:00	AM	0	Ya	rds						

Workout #1584 - Friday, 23 November 2001 Group 3 - All

Varde	11:00 AM Start Set Description	EGY	MOE
======	set bescription		===
	1 on 30:00 Stomach and Stretch		
1,000		REC	
,	{2 x 150 on 2:15 Stroke Drills	REC	
	{2 x 100 on 1:30 Stroke Drills	REC	
•	· · · · · · · · · · · · · · · · · · ·	REC	
300	12 x 25 on :30 Berzerks	SP3	
1,250	1x{2 x 125 on 2:30 Kick	EN2	
	{2 x 125 on 2:25 Kick	EN2	
	{2 x 125 on 2:20 Kick	EN2	
	{2 x 125 on 2:15 Kick	EN2	
•	{2 x 125 on 2:10 Kick	EN2	
1,800	1x{3 x 200 on 2:45 Pulls	EN1	
	{3 x 200 on 2:35 Pulls	EN1	
:	{3 x 200 on 2:25 Pulls	EN1	
	6 x 100 on 1:30 Descend in sets of 3		
1,600	`	EN1	
	$\{4 \times 50 \text{ on } :55 \text{ Butterfly} \}$	EN1	
	{1 x 200 on 3:00 Individual Medley	EN1	
	(EN1	
	•	EN1	
		EN1	
	{1 x 200 on 3:00 Individual Medley		
:	{4 x 50 on :45 Freestyle	EN1	
500		REC	
	1:28 PM 7,050 Yards - Stress Value = 77		

Workout #1583 - Friday, 23 November 2001

2x{1 x 200 on 3:30 Stroke Drills REC {1 x 50 on :55 Butterfly EN1 S FI HighSchl - All 1 minute rest between sets 7:30 AM Start Set Description EGY WOF Yards _____ 1 on 25:00 Weights 1 x 825 on 16:00 Swim-kick-pull-swim REC 825 $\{2 \times 50 \text{ on } 1:00 \text{ Kick} \}$ EN2 K CF EN1 1x{1 x 200 on 3:00 Pulls EN1 EN1 EN1 EN1 EN1 { odds 100% {2 x 100 on 1:15 Pulls 6x{1 x 100 on 1:15 Pulls EN1 {1 x 200 on 2:45 Pulls {1 x 100 on 1:30 Lungbuster pulls EN1 {2 x 100 on 1:20 Pulls { breathe 3-5-7-9 {1 x 200 on 2:30 Pulls 400 3x{1 x 50 on 1:25 Pulls EN1 1,200 {1 x 50 on :50 Free 2 beat kick EN1 400 {1 x 50 on :50 Free 4 beat kick EN1 400 {1 x 50 on :40 Free 6 beat kick EN2 1x{1 x 400 on 6:00 Total 1.25 Pulls EN2 1x{1 x 400 on 6:00 Total 1.25 Pulls EN2 1x{1 x 400 on 6:00 Total 1.25 Pulls EN2 1x{1 x 400 on 6:00 Total 1.25 Pulls EN2 1x{1 x 400 on 6:00 Total 1.25 Pulls EN2 1x{1 x 400 on 6:00 Total 1.25 Pulls EN1 1,200 1x 400 Pulls EN2 1x{1 x 400 on 6:00 Total 1.25 Pulls EN1 1,200 1x 400 Pulls EN1 1,200 1x 400 Pulls EN1 1,200 Pulls EN1 1,2 400 8 x 50 on :50 25 stroke 25 free EN1 S CM 1,200 16 x 75 on 1:30 Freestyle EN3 400 16 x 25 on :40 Stroke Drills REC 9:00 AM 5,300 Yards - Stress Value = 124 1x{1 x 400 on 6:00 Individual Medley EN2 Workout #1593 - Monday, 26 November 2001 {1 x 300 on 4:30 Individual Medley EN2 Group 3 - All {1 x 200 on 3:00 Individual Medley EN2 {1 x 100 on 1:30 Individual Medley EN2 1 minute rest between sets {2 x 150 on 2:15 100 fly 50 back EN2 {2 x 150 on 2:15 100 back 50 breast EN2 6:00 PM Start Yards Set Description {2 x 150 on 2:15 100 breast 50 free EN2 EGY WOE {2 x 150 on 2:15 100 free 50 fly EN2 10 x 50 on 1:00 Stroke Drills REC ====== 500 1 on 30:00 Stomach and Stretch 9:30 AM 5,355 Yards - Stress Value = 70 800 8 x 100 on 1:45 Stroke Drills 2 on E REC 300 12 x 25 on :30 Berzerks $3,000 1x{1 x 1000 on 12:30 Freestyle}$ Workout #1585 - Friday, 23 November 2001 {1 x 1000 on 12:00 Freestyle HighSchl - All {1 x 1000 on 11:30 Freestyle 1 minute rest between sets 1,350 1x{6 x 75 on 1:40 Kick {6 x 75 on 1:30 Kick 1:30 PM Start {6 x 75 on 1:20 Kick EGY WORK SI 1,000 1x{5 x 50 on :40 Pulls Set Description Yards {5 x 50 on :45 Pulls ===== 1 on 20:00 Stomach and Stretch 3 x 200 on 3:30 Reverse IM drill REC 12 x 15 on :25 Berzerks SP3 S F $\{5 \times 50 \text{ on } : 50 \text{ Pulls}$ 600 {5 x 50 on :55 Pulls 180 $400 4x{1 x 25 on :}45 Fly/back 5m under$ 400 4x{1 x 25 on :45 Fly/back 5m under EN1 {1 x 25 on :45 Fly/back 10m under EN1 {1 x 25 on :45 Fly/back 15m under EN1 } EN2 K CF 4x{1 x 125 on 2:30 Kick 4x{1 x 125 on 2:30 Kick EN2 K CF {5 x 25 on :40 Sprint kick EN2 S CF 1x{3 x 100 on 1:20 Pulls EN1 P F {3 x 100 on 1:15 Pulls EN1 P F {3 x 100 on 1:10 Pulls EN1 P F 12 x 25 on :30 IM order-build EN1 S I {1 x 25 on :45 Fly/back 15m under {1 x 25 on :45 Fly/back 20m under 300 1 x 300 on 5:00 Stroke Drills 8:32 PM 7,150 Yards - Stress Value = 106 {1 x 100 on 2:30 Pulls with paddles 1 x 300 on 5:00 Stroke Drills REC D C {1 x 50 on 1:15 Pulls with paddles 3:29 PM 5,080 Yards - Stress Value = 57 450 9 x 50 on :45 Descend in sets of 3 EN1 1,000 1x{4 x 100 on 1:45 Stroke Drills EN1 {4 x 75 on 1:15 Stroke Drills {4 x 50 on :55 Stroke Drills Workout #1586 - Saturday, 24 November 2001 HighSchl - All (4 x 25 on 1:00 Breaststroke 100% 250 1 x 250 on 5:00 Six kick switch 1 minute rest between sets 5:30 PM 4,280 Yards - Stress Value = 52 7:00 AM Start Yards Set Description EGY WORK ST 1 on 15:00 Stretch

3:00 PM Start

Workout #1592 - Monday, 26 November 2001 HighSchl - Distance 1 minute rest between sets

	3:00	PM Start	
Yards	Se	et Description	EGY WC
=====	==		=== ==
	1	on 30:00 Dryland	
1,000	1	x 1000 on 16:00 Choice	REC
600	3x{1	x 50 on :45 1st 12 yards fast	SP3
	{ 1	x 50 on :45 2nd 12 yards fast	REC
	{ 1	x 50 on :45 3rd 12 yards fast	REC
	{ 1	x 50 on :45 4th 12 yards fast	REC
	1	on 10:00 Techniques-Auburn	
500	1	x 500 on 10:00 Kick 6bk in/out trns	EN2
2,000	1x{2	x 250 on 3:40 Pulls	EN1
	{ 2	x 250 on 3:35 Pulls	EN1
	{ 2	x 250 on 3:30 Pulls	EN1
	{ 2	x 250 on 3:25 Pulls	EN1
600	6	x 100 on 1:30 Descend in sets of 3	EN1
2,000	1x{1	x 400 on 5:00 Freestyle	EN2
	{ 1	x 400 on 4:55 Freestyle	EN2
	{ 1	x 400 on 4:50 Freestyle	EN2
	{ 1	x 400 on 4:45 Freestyle	EN2
	{ 1	x 400 on 4:40 Freestyle	EN2
300	6	x 50 on 1:00 Stroke Drills	REC
	5:30	PM 7,000 Yards - Stress Value = 82	

Workout #1589 - Monday, 26 November 2001 HighSchl - Fly & Back 1 minute rest between sets

Yards	Set Description	EGY	WORK	٤
=====	=======================================	===	====	=
	1 on 30:00 Dryland		L	Ι
800	1 x 800 on 16:00 Reverse IM drill	REC	D	
240	12 x 20 on :30 Shooters 15m under	SP3	S	٤
	1 on 10:00 Techniques-Start 15m		D	٤
1,000	10 x 100 on 2:00 Kick no board	EN2	K	٤
	$4x{1 x 25 on :45 Pulls no breath}$	EN1	P	
	{1 x 100 on 1:30 Pulls	EN1	P	
	$\{1 \times 50 \text{ on } 1:15 \text{ Pulls no breath}$	EN1	P	
	{1 x 100 on 1:30 Pulls	EN1	P	
300	12 x 25 on :30 IM order-build	EN1	S	
	$1x\{8 \times 25 \text{ on } : 30 \text{ Your Stroke}$	EN1	S	٤
	${7 \times 50 \text{ on } :55 \text{ Your Stroke}}$	EN1	S	٤
	{6 x 75 on 1:20 Your Stroke	EN1	S	٤
	{5 x 100 on 1:45 Your Stroke	EN1	S	٤
400	8 x 50 on 1:00 Stroke Drills	REC	D	
	5:30 PM 5,340 Yards - Stress Value =	59		

Workout #1587 - Monday, 26 November 2001 HighSchl - All 1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WORF
	=======================================	===	====
400	1 x 400 on 8:00 Swim-kick-pull-swim	REC	٤
180	12 x 15 on :30 Berzerks	SP3	٤
1,500	12 x 125 on 1:45 Lungbuster pulls	EN1	E
	3x{1 x 100 on 1:30 Freestyle	EN1	٤
	$\{1 \times 100 \text{ on } 1:25 \text{ Freestyle}$	EN1	٤
	{1 x 100 on 1:20 Freestyle	EN1	٤
	$\{1 \times 100 \text{ on } 1:15 \text{ Freestyle}$	EN2	٤
	$\{1 \times 75 \text{ on } 1:15 \text{ Freestyle} \}$	EN1	٤
	$\{1 \times 75 \text{ on } 1:10 \text{ Freestyle}$	EN1	٤
	$\{1 \times 75 \text{ on } 1:05 \text{ Freestyle} \}$	EN1	٤
	$\{1 \times 75 \text{ on } 1:00 \text{ Freestyle} \}$	EN2	٤
	$\{1 \times 75 \text{ on } :55 \text{ Freestyle} \}$	EN1	٤
	{1 x 50 on :55 Freestyle	EN1	٤
	{1 x 50 on :50 Freestyle	EN1	٤

{ 1	x 50 on :45 Freestyle	ENI	٤
{ 1	x 50 on :40 Freestyle	EN2	٤
{ 1	x 50 on :35 Freestyle	EN2	٤
{ 1	x 50 on :30 Freestyle	EN2	٤
{ 1	on :30 Rest		N
1	x 200 on 4:00 Stroke Drills	REC	Γ
7:00	AM 5,505 Yards - Stress Value	= 64	

Workout #1588 - Monday, 26 November 2001 HighSchl - Rookies 1 minute rest between sets

200

	3:00 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
400	1 x 400 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1 on 10:00 Techniques-Stanford		
900	3x{1 x 150 on 4:30 Kick	EN2	
	{1 x 100 on 3:00 Kick	EN2	
	{1 x 50 on 1:30 Kick	EN2	
800	16 x 50 on 1:30 Pulls-nbbf&w	EN1	
200	8×25 on 1:00 IM order-build	EN1	
900	$1x{4 x 75 on 2:00 Freestyle}$	EN1	
	$\{4 \times 75 \text{ on } 1:45 \text{ Freestyle}$	EN1	
	$\{4 \times 75 \text{ on } 1:30 \text{ Freestyle}$	EN1	
200	1 x 200 on 4:00 Stroke Drills	REC	
	5:31 PM 3,580 Yards - Stress Value = 44		

Workout #1591 - Monday, 26 November 2001 HighSchl - Sprint 1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Dryland		
800	16 x 50 on 1:00 Stroke Drills	REC	
250	10 x 25 on :45 Berzerks from a dive	SP3	
	1 on 10:00 Techniques-Stanford		
1,500	6x{1 x 25 on :30 Kick	EN2	
	{1 x 50 on 1:05 Kick	EN2	
	{1 x 75 on 1:40 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN2	
600	12 x 50 on 1:00 Pulls-nbbf&w w/pddls	EN1	
325	13 x 25 on :30 Odds free evens fly	EN1	
400	20 x 20 on 1:00 Pit sprints Run&dive	SP3	
400	8 x 50 on 1:00 Stroke Drills	REC	
	5:30 PM 4.275 Yards - Stress Value = 65		

Workout #1595 - Tuesday, 27 November 2001 Group 3 - All

1 minute rest between sets

	6:00 PM	Start		
Yards	Set	Description	EGY	WORK
=====	====			====
	1 or	30:00 Stomach and Stretch		L
800	4 x	200 on 3:30 Individual Medley F	REC	S
300	12 x	x 25 on :30 Berzerks	SP3	S
	5x{1 x	25 on :30 Kick	EN2	K
	{1 x	50 on :55 Kick	EN2	K
	{1 x	75 on 1:20 Kick E	EN2	K
	{1 x	100 on 1:40 Kick E	EN2	K
	1x{2 x	200 on 3:00 Backstroke	EN1	S
	{1 x	100 on 2:00 Backstroke 100% E	EN3	S
	{2 x	175 on 2:45 Backstroke	EN1	S
	{1 x	100 on 2:00 Backstroke 100% E	EN3	S
	{2 x	150 on 2:25 Backstroke	EN1	S
	{1 x	100 on 2:00 Backstroke 100% E	EN3	S
	{2 x	125 on 2:05 Backstroke	EN1	S
	{1 x	100 on 2:00 Backstroke 100% E	EN3	S
	{2 x	100 on 1:45 Backstroke	EN1	S
	{1 x	100 on 2:00 Backstroke 100% E	EN3	S
	10x{1 x	100 on 1:30 Pulls	EN1	P
	{1 x	50 on 1:15 Pulls no breath	EN1	P
500	5 x	100 on 2:00 Stroke Drills F	REC	D
	8:30 PM	6,350 Yards - Stress Value = 97	7	

Workout #1594 - Tuesday, 27 November 2001 HighSchl - All

1 minute rest between sets

	5:30 AM Start			
Yards	Set Description	EGY	WORK	STK
=====	=======================================	===	====	=== =
	1 on 25:00 Weights		L	DRY
400	1 x 400 on 7:00 Stroke Drills	REC	D	CD
250	10 x 25 on :30 Berzerks	SP3	S	FLY
1,200	6 x 200 on 2:45 Pulls	EN1	P	FR
	$1x{1 x 800 on 10:00 Freestyle}$	EN2	S	FR
	$\{1 \times 800 \text{ on } 9:45 \text{ Freestyle} \}$	EN2	S	FR
	{1 x 800 on 9:30 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	7:01 AM 4,450 Yards - Stress Valu	ie =	70	

Workout #1601 - Wednesday, 28 November 2001 Group 3 - All

1 minute rest between sets

Yards	Se	t	Start Description	EGY	WOF
			30:00 Stomach and Stretch	DE0	
			200 on 4:00 Swim-kick-pull-swim		
			200 on 3:30 Reverse IM drill		
180				SP3	
	5x{1	Х	100 on 2:00 Kick	EN1	
	{ 1	X	100 on 1:45 Kick	EN2	
500	4	Х	125 on 1:50 IM with 50 free	EN1	
	1x{2	Х	150 on 2:45 Breaststroke	EN1	
	{ 3	Х	50 on 1:00 Breast under/over	EN2	
	{ 2	Х	150 on 2:40 Breaststroke	EN1	
	{3	Х	50 on 1:00 Breast under/over	EN2	
	{2	Х	150 on 2:35 Breaststroke	EN1	
	{3	X	50 on 1:00 Breast under/over	EN2	
	{2	Х	150 on 2:30 Breaststroke	EN1	
	{ 3	Х	50 on 1:00 Breast under/over	EN2	
	1x{4	Х	125 on 1:55 Pulls no br L.5 yds	EN1	
	{ 4	Х	125 on 1:50 Pulls no br L.10 yds	EN1	
	{ 4	Х	125 on 1:45 Pulls no br L.15 yds	EN1	
	{ 4	X	125 on 1:40 Pulls no br L.20 yds	EN1	
250			-	REC	

8:30 PM 6,530 Yards - Stress Value = 71

Workout #1597 - Wednesday, 28 November 2001 HighSchl - Breast 1 minute rest between sets

	3:00	PM Start		
Yards	Se	et Description	EGY	WC
=====	==		===	==
	1	on 30:00 Dryland		
800	1	x 800 on 16:00 Stroke Drills-no brs	REC	
]	kick for 1st 1/2		
250	1(0 x 25 on :45 Berzerks from a dive	SP3	
	1	on 10:00 Techniques-timed trn		
1,200	1x{4	x 100 on 2:00 Kick on back	EN2	
	{ 4	x 100 on 2:00 Kick hands by side	EN2	
	{ 4	x 100 on 2:00 Kick strmln underH20	EN2	
1,250	1x{4	x 125 on 3:10 Pulls with paddles	EN1	
	{ 3	x 125 on 3:00 Pulls with paddles	EN1	
	{ 2	x 125 on 2:50 Pulls with paddles	EN1	
	{ 1	x 125 on 2:40 Pulls with paddles	EN1	
200	4	x 50 on 1:00 Butterfly	EN1	
900	1x{4	x 75 on 1:20 Breaststroke	EN1	
	{ 4	x 75 on 1:15 Breaststroke	EN1	
	{ 4	x 75 on 1:10 Breaststroke	EN1	
400	8	x 50 on 1:00 Stroke Drills	REC	
	5:31	PM 5,000 Yards - Stress Value = 57		

Workout #1599 - Wednesday, 28 November 2001 HighSchl - Distance 1 minute rest between sets

	3:00 PM Start	
Yards	Set Description	EGY WOF
=====	=======================================	=== ===
	1 on 30:00 Dryland	
1,000	4 x 250 on 4:00 Frees last 50 strk	REC
300	12 x 25 on :30 Berzerks	SP3
	1 on 10:00 Techniques-Auburn tr	
500	10 x 50 on 1:00 Kick des in 3's hold	EN2
	#10 as fast as #9	
1,500	1x{5 x 100 on 1:30 Pulls with paddles	EN1
	{5 x 100 on 1:25 Pulls with paddles	EN1
	{5 x 100 on 1:20 Pulls with paddles	EN1
3,300	1x{1 x 1650 on 25:00 Freestyle	EN2
	{3 x 500 on 7:00 Freestyle	EN2
	{1 x 150 on 2:00 Freestyle	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	5:31 PM 6,850 Yards - Stress Value = 10	3

Workout #1600 - Wednesday, 28 November 2001 HighSchl - Fly & Back 1 minute rest between sets

Workout #1604 - Thursday, 29 November 2001 Group 3 - All 1 minute rest between sets

	3:00 PM Start				6:00	0 PM Start		
Yards	Set Description	EGY	WC Yard	ls	S	Set Description E	EGY	WORF
=====	1 on 30:00 Dryland	===	== =====	=	1	======================================	-==	==== T
800	1 x 800 on 16:00 4/4 fly/brst fr/back	REC					REC	Г
180	12 x 15 on :30 Berzerks 15m under	SP3			•		REC	Г
100	5 vds fast!!!	010			•		REC	Г
	1 on 10:00 Techniques-finishes						REC	Ē
	2x{4 x 100 on 2:00 Kick no board	EN2	30	0 (•		SP3	2
	{3 x 75 on 1:30 Kick no board	EN2			3x{2	2 x 150 on 2:30 50 fr 50 fly 50 fr E	CN1	٤
	{2 x 50 on 1:00 Kick no board	EN2				-	EN1	٤
	{1 x 25 on :30 Kick no board	EN2				-	EN1	٤
800	8 x 100 on 1:30 Lungbuster pulls	EN1					CN1	E
300	6 x 50 on :45 Freestyle	EN1			{ 5	5 x 50 on :50 Pulls no br L.10 yds E	CN1	E
	1x{3 x 200 on 3:30 Your Stroke	EN1			{ 5	5×50 on :55 Pulls no br L.15 yds E	EN1	E
	{3 x 200 on 3:20 Your Stroke	EN1			{ 5	5×50 on 1:00 Pulls no br L.20 yds E	EN1	E
	{3 x 200 on 3:10 Your Stroke	EN1			8x{1	1 x 50 on 1:00 Kick no board E	EN2	F
250	5 x 50 on 1:00 Stroke Drills	REC			{	under 15m off walls		
	5:30 PM 5,630 Yards - Stress Value = 66				{ 1	1 x 100 on 2:00 Kick E	IN2	F
			40	0 (8	8 x 50 on 1:00 Stroke Drills R	REC	Γ
	Workout #1596 - Wednesday, 28 November 2001				8:30	0 PM 6,400 Yards - Stress Value = 71		

EGY WOF

Workout #1596 - Wednesday, 28 November 2001 HighSchl - Rookies

1 minute rest between sets

000			. 20 011 1:00 201201110	010
900	1x{3	Х	100 on 3:00 Kick	EN2
	{ 3	Х	100 on 2:50 Kick	EN2
	{ 3	х	100 on 2:40 Kick	EN2
1,350	1x{6	х	75 on 2:00 Pulls no br L. 5 yds	EN1
	{ 6	Х	75 on 2:00 Pulls no br L.10 yds	EN1
	{ 6	Х	75 on 2:00 Pulls no br L.15 yds	EN1
600	3x{1	Х	100 on 3:00 Individual Medley	EN1
	{ 1	Х	50 on 1:00 Freestyle	EN2
	{ 1	Х	50 on 2:00 Freestyle-EZ	REC
250	1	Х	250 on 6:00 Stroke Drills	REC

Workout #1598 - Wednesday, 28 November 2001 HighSchl - Sprint 1 minute rest between sets

5:29 PM 4,000 Yards - Stress Value = 48

	3:00	PM	Start	
Yards	Se	et D	escripti	on
	==	-===		-==

	-		
		===	===
	1 on 30:00 Dryland		
800	8 x 100 on 2:00 25 dr 50 fast 25 dr	REC	
180	12 x 15 on :30 Shooters-hold strmln	SP3	
	1 on 10:00 Techniques-relay str		
1,500	2x{4 x 100 on 1:30 Kick with flippers	EN2	
	${3 \times 75 \text{ on } 1:05 \text{ Kick with flippers}}$	EN2	
	{2 x 50 on :40 Kick with flippers	EN2	
	$\{1 \times 25 \text{ on } 1:00 \text{ Kick with flippers} \}$	EN2	
800	$2x{1 x 100 on 1:30 Pulls no br L. 5 yds}$	EN1	
	{1 x 100 on 1:30 Pulls no br L.10 yds	EN1	
	{1 x 100 on 1:30 Pulls no br L.15 yds	EN1	
	{1 x 100 on 1:30 Pulls no br L.20 yds	EN1	
900	$3x{1 x 100 on 1:45 Freestyle}$	REC	
	{1 x 100 on 1:30 Freestyle	EN1	
	{1 x 100 on 1:15 Freestyle	EN2	
240	12 x 20 on 2:00 Stretch cords in wel	SP3	
400	8 x 50 on 1:00 Stroke Drills	REC	
	5:30 PM 4,820 Yards - Stress Value = 64		

Workout #1602 - Thursday, 29 November 2001 HighSchl - All

	5:30 AM Start			
Yards		EGY	WORK	Sī
=====	=======================================	===	====	==
	1 on 25:00 Weights		L	DF
400	1 x 400 on 8:00 Reverse IM drill	REC	D	I
300	12 x 25 on :30 Berzerks	SP3	S	FI
	$1x{2 x 125 on 2:00 Lungbuster pulls}$	EN1	P	F
	{ br 2-3-4-5-6			
	{2 x 125 on 1:55 Lungbuster pulls	EN1	P	F
	{ br 3-4-5-6-7			
	{2 x 125 on 1:50 Lungbuster pulls	EN1	P	F
	{ br 4-5-6-7-8			
	$\{2 \times 125 \text{ on } 1:45 \text{ Lungbuster pulls}$	EN1	P	F
	{ br 5-6-7-8-9			
	$1x\{2 \times 250 \text{ on } 3:30 \text{ Freestyle}$	EN1	S	F
	{5 x 100 on 1:15 Freestyle	EN2	S	F
	{2 x 250 on 3:20 Freestyle	EN2	S	F
	{5 x 100 on 1:15 Freestyle	EN2	S	F
300	1 x 300 on 5:00 Stroke Drills	REC	D	C
	7:00 AM 4,000 Yards - Stress Value =	= 55		

3:00 PM Start

Set Description

odds free evens n.fr

 $2x{1 x 125 on 2:05 Kick}$

{1 x 100 on 1:45 Kick

 $\{1 \times 75 \text{ on } 1:20 \text{ Kick} \}$

 ${7 \times 75 \text{ on } 1:00 \text{ Pulls}}$

 $\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$ $\{1 \times 50 \text{ on } :55 \text{ Freestyle } \}$

 $\{1 \times 50 \text{ on } : 40 \text{ Freestyle} \}$ $\{1 \times 50 \text{ on } : 50 \text{ Freestyle} \}$

 $\{1 \times 50 \text{ on } : 35 \text{ Freestyle } \}$

 $\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$

 ${7 \times 75 \text{ on :} 55 \text{ Pulls}}$

{1 x 50 on :55 Kick

12 x 15 on :30 Shooters

 $\{6 \times 25 \text{ on } : 30 \text{ Sprint kick} \}$ $1x{6 x 75 on 1:05 Pulls}$

Yards

800

180

300

Workout #1603 - Thursday, 29 November 2001

1 minute rest between sets

1 on 30:00 Stomach and Stretch 16 x 50 on :55 Stroke Drills

6 x 50 on :50 25 stroke 25 free EN1

1 x 300 on 6:00 Reverse IM drill REC 3x{1 x 100 on 1:20 Individual Medley EN2

1 x 300 on 6:00 Reverse IM drill REC

 $3x{1 x 100 on 1:15 Individual Medley EN2}$

1 x 300 on 6:00 Stroke Drills 5:30 PM 6,480 Yards - Stress Value = 74

3x{1 x 100 on 1:25 Individual Medley EN2

HighSchi - Ali	
1 minute west between	aata

EGY WORK S

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S

REC

SP3

EN2

EN2

EN2

EN2

EN1

EN1

EN1

EN2

EN1

400	8	Х	50	on	1:00	Str	oke	Dri	lls			REC
	7:00	AM	5,	200	Yard	ds -	Sti	ress	Value	=	51	

Workout #1606 - Friday, 30 November 2001 HighSchl - All

1 minute rest between sets

	Ι		3:00 PM Start			
'	C	Yards	Set Description	EGY	WORK	S
	_	=====	=======================================	===	====	=
	ž		1 on 30:00 Dryland and stretch		L	Γ
	C	400	1 x 400 on 7:00 Individual Medley	EN1	S	
	(180	12 x 15 on :15 Shooters	SP3	S	
	C		$4x{1 x 25 on :45 Fly/back 5m under}$	EN1	S	C
	($\{1 \times 25 \text{ on } : 45 \text{ Fly/back } 10\text{m under}$	EN1	S	C
	C		{1 x 25 on :45 Fly/back 15m under	EN1	S	C
			{1 x 25 on :45 Fly/back 20m under	EN1	S	C
			1x{3 x 200 on 2:45 Freestyle	EN1	S	
			{3 x 175 on 2:25 Freestyle	EN1	S	
	C		{3 x 150 on 2:05 Freestyle	EN1	S	
			$\{3 \times 125 \text{ on } 1:45 \text{ Freestyle} \}$	EN1	S	
			{3 x 100 on 1:25 Freestyle	EN1	S	
			{3 x 75 on 1:00 Freestyle	EN2	S	
1			{3 x 50 on :40 Freestyle	EN2	S	
			{3 x 25 on :20 Freestyle	EN2	S	
		400	1 x 400 on 8:00 Stroke Drills	REC	D	
			1 on 15:00 Run the gauntlet		S	F
1			4:57 PM 4,080 Yards - Stress Value =	46		
			,			

Workout #1608 - Saturday, 01 December 2001 Group 3 - All

1 minute rest between sets

Workout #1607 - Friday, 30 November 2001 Group 3 - All 1 minute rest between sets

	6:00 PM Start			
Yards	Set Description	EGY	WORK S	ξ
=====	=======================================	===	=======================================	=
	1 on 30:00 Stomach and Stretch		L I	Ε
500	1 x 500 on 10:00 Sculling drills	REC	D (-
800	1 x 800 on 16:00 Vertical Kicking	EN1	K (-
300	12 x 25 on :30 Berzerks	SP3	S	-
	1 on 10:00 Techniques-starts		D	
	$4x{1 \times 25 \text{ on :} 40 \text{ Fly/back 5m under}}$	EN1	S	-
	{1 x 25 on :40 Fly/back 10m under	EN1	S	-
	{1 x 25 on :40 Fly/back 15m under	EN1	S	-
	{1 x 25 on :40 Fly/back 20m under	EN1	S	-
	$4x{1 \times 50 \text{ on :} 00 \text{ Stroke}}$	SP1	SS	ξ
	$\{1 \times 200 \text{ on } 5:00 \text{ Freestyle}$	REC	S	
100	1 x 100 on :00 Choice for time	SP2	S	-
400	8 x 50 on 1:00 Stroke Drills	REC	D	
	7:57 PM 3,500 Yards - Stress Value =	50		

Workout #1605 - Friday, 30 November 2001 HighSchl - All

	5:30 AM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
600	1 x 600 on 11:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 Berzerks	SP3	
	6x{1 x 150 on 2:15 Lungbuster pulls	EN1	
	{ breathe 5-7-8 by 50s		
	$\{1 \times 100 \text{ on } 1:30 \text{ Pulls-nbbf&w}$	EN1	
400	4 x 100 on 1:45 Individual Medley	EN1	
	1x{4 x 125 on 2:00 Your Stroke	EN1	
	{4 x 125 on 1:55 Your Stroke	EN1	
	{4 x 125 on 1:50 Your Stroke	EN1	
	{4 x 125 on 1:45 Your Stroke	EN1	

	11:00 AM Start		
Yards	Set Description	EGY	MC
=====		===	==
	1 on 30:00 Stomach and Stretch		
1,000	1 x 1000 on 18:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 Berzerks	SP3	
1,050	1x{2 x 75 on 1:30 Kick	EN1	
	{3 x 75 on 1:25 Kick	EN2	
	{4 x 75 on 1:20 Kick	EN2	
	{5 x 75 on 1:15 Kick	EN2	
1,500	$6x{1 x 150 on 2:15 Lungbuster pulls}$	EN1	
	{ breathe 5-7-9 by 50s		
	{1 x 100 on 1:30 Pulls-nbbf&w	EN1	
300	12 x 25 on :30 IM order-build	EN1	
2,400	$1x{1 x 300 on 4:00 Freestyle}$	EN2	
	${3 \times 100 \text{ on } 1:05 \text{ Freestyle}}$	EN2	
	{1 x 300 on 3:50 Freestyle	EN2	
	{3 x 100 on 1:10 Freestyle	EN2	
	{1 x 300 on 3:40 Freestyle	EN2	
	{3 x 100 on 1:15 Freestyle	EN2	
	{1 x 300 on 3:30 Freestyle	EN2	
	{3 x 100 on 1:20 Freestyle	EN2	
500	10 x 50 on 1:00 Stroke Drills	REC	
	1:28 PM 7,050 Yards - Stress Value = 98		

Workout #1611 - Monday, 03 December 2001 HighSchl - Breast 1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Dryland and stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
	no breast kick		
	1 on 10:00 Timed starts		
1,200	4x{2 x 100 on 1:45 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN1	
1,000	$1x{4 \times 100}$ on 2:30 Pulls with paddles	EN1	
	{3 x 100 on 2:25 Pulls with paddles	EN1	
	{2 x 100 on 2:20 Pulls with paddles	EN2	
	{1 x 100 on 2:15 Pulls with paddles	EN1	
400	8 x 50 on :55 25 fly 25 free	EN1	
1,550	$1x{4 x 125 on 2:30 Breaststroke}$	EN1	
	$\{2 \times 50 \text{ on } : 40 \text{ Freestyle} \}$	EN2	
	{3 x 125 on 2:20 Breaststroke	EN1	
	$\{2 \times 50 \text{ on } : 40 \text{ Freestyle} \}$	EN2	
	{2 x 125 on 2:10 Breaststroke	EN1	
	$\{2 \times 50 \text{ on } : 40 \text{ Freestyle} \}$	EN2	
	{1 x 125 on 2:00 Breaststroke	EN1	
	{ 1st 25 under water		
300	6 x 50 on 1:00 Stroke Drills	REC	
	5:30 PM 5,250 Yards - Stress Value = 54		

Workout #1613 - Monday, 03 December 2001 HighSchl - Distance 1 minute rest between sets

3:00 PM Start

Yards		t Description	EGY	
			===	===
		on 30:00 Dryland and stretch		
		x 1000 on 15:00 Choice	REC	
600		x 50 on :45 1st 12y fast	SP3	
		2	REC	
		2	REC	
			REC	
600			EN2	
			EN2	
		x 100 on 1:50 Kick	EN2	
1,600		x 400 on 5:30 Pulls	EN1	
		x 400 on 5:15 Pulls	EN1	
		x 100 on 1:30 Descend in sets of 3		
3,000	-	x 150 on 1:50 Freestyle	EN2	
		x 150 on 1:45 Freestyle	EN2	
	{ 1	on 1:00 Rest		
	{ 3	x 150 on 1:45 Freestyle	EN2	
	{ 3	x 150 on 1:40 Freestyle	EN2	
	{ 1	on 1:00 Rest		
	{ 2	x 150 on 1:40 Freestyle	EN2	
	{ 2	x 150 on 1:35 Freestyle	EN2	
	{ 1	on 1:00 Rest		
	{ 1	x 150 on 1:35 Freestyle	EN2	
	{ 1	x 150 on 1:30 Freestyle	EN2	
400	8	x 50 on 1:00 Stroke Drills	REC	
	5:29	PM 7,800 Yards - Stress Value = 100)	

Workout #1609 - Monday, 03 December 2001 HighSchl - Fly & Back 1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WORK
=====	=======================================	===	====
	1 on 30:00 Dryland and stretch		L
800	1 x 800 on 15:00 Reverse IM drill	REC	D
180	12 x 15 on :30 Shooters	SP3	S
	1 on 10:00 Timed starts		D

	on 16:00 Vertical Kicking on 1:30 Lungbuster pulls	-	K P
{ br 4-5-	6-7		
{2 x 75 o	n 1:15 Your Stroke	EN1	S
6x{1 x 50 o	n 1:00 Your Stroke	EN1	S
{1 x 75 o	n 1:20 Your Stroke	EN1	S
{1 x 100	on 1:40 Your Stroke	EN1	S
{ 1st 25	undr fly kick		
10x{1 x 25 o	n :40 Weak stroke	EN1	S
{1 x 25 o	n :20 Your Stroke	EN2	S
300 1 x 300	on 5:00 Stroke Drills	REC	D
5:30 PM 5,68	0 Yards - Stress Value =	61	

Workout #1610 - Monday, 03 December 2001 HighSchl - Rookies 1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
900	3x{1 x 150 on 4:00 Kick	EN2	
	{1 x 100 on 2:40 Kick	EN2	
	{1 x 50 on 1:20 Kick	EN2	
1,200	$4x\{1 \times 50 \text{ on } 1:15 \text{ Pulls-nbbf&w}$	EN1	
	{1 x 100 on 2:30 Pulls-nbbf&w	EN1	
	{1 x 150 on 3:45 Pulls-nbbf&w	EN1	
1,200	3x{1 x 200 on 6:00 Individual Medley	EN1	
	{2 x 100 on 2:15 Freestyle	EN1	
200	8 x 25 on 1:00 Stroke Drills	REC	
	5:30 PM 4,280 Yards - Stress Value = 49		

Workout #1612 - Monday, 03 December 2001 HighSchl - Sprint 1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Dryland and stretch		
800	4 x 200 on 3:30 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-Stanford		
300	12 x 25 on :30 Berzerks Streamline	SP3	
	past the flags then		
	12 yards fast		
800	$8x{1 \times 25 \text{ on :} 45 \text{ Sprint kick}}$	EN2	
	$\{1 \times 25 \text{ on } : 40 \text{ Sprint kick}$	EN2	
	$\{1 \times 25 \text{ on } : 35 \text{ Sprint kick} \}$	EN2	
	$\{1 \times 25 \text{ on } : 30 \text{ Sprint kick}$	EN2	
900	12 x 75 on 1:10 Pulls no br mid 25	EN1	
2,400	$3x{1 \times 200 \text{ on } 3:30 \text{ W/zoomers 1st 50fast}}$	EN2	
	{1 x 200 on 3:30 W/zoomers 1st 100fst	EN2	
	{1 x 200 on 3:30 W/zoomers 1st 150fst	EN2	
	$\{1 \times 200 \text{ on } 3:30 \text{ W/zoomers all fast}$	EN2	
	{1 on 1:00 Rest		
500	5 x 100 on 1:15 Stroke Drills	REC	
	5:31 PM 5,700 Yards - Stress Value = 85		

EGY WORK

Workout #1616 - Tuesday, 04 December 2001 Group 3 - All 1 minute rest between sets

Workout #1622 - Wednesday, 05 December 2001 Group 3 - All

1 minute rest between sets

6:00 PM Start				1 influte Test Detween sets
	ECV	MODE	_	
Yards Set Description				0.00 IM Start
				Yards Set Description EGY WORK
1 on 30:00 Stomach and Stretch			L	====== ================================
800 1 x 800 on 15:00 Reverse IM drill		D	_	1 on 30:00 Stomach and Stretch L
300 12 x 25 on :30 Berzerks	SP3	S		1,050 $3x\{1 \times 200 \text{ on } 3:30 \text{ Reverse IM drill} \text{ REC}$
1,200 1x{2 x 100 on 2:00 Kick	EN2	K		(3 x 30 OH .43 Fleestyle-descend ENI 3
$\{2 \times 50 \text{ on } : 45 \text{ Kick} \}$	EN2	K		300 12 x 25 on :30 Berzerks SP3 S
{2 x 100 on 1:50 Kick	EN2	K		1,050 1x{4 x 75 on 1:30 Kick EN2 K
$\{2 \times 50 \text{ on } :50 \text{ Kick}$	EN2	K		{2 x 23 OII :43 KICK-UNGEL WALEL ITY ENZ K
{2 x 100 on 1:40 Kick	EN2	K		(4 X /3 OH 1.23 KICK ENZ K
$\{2 \times 50 \text{ on } :55 \text{ Kick} \}$	EN2	K	({2 x 25 on :45 Kick-under water fly EN2 K
{2 x 100 on 1:30 Kick	EN2	K	({4 x 75 on 1:20 Kick EN2 K
{2 x 50 on 1:00 Kick	EN2	K	(
1,200 1x{4 x 100 on 1:30 Backstroke	EN1	S		2,000 1x{1 x 1000 on 12:30 Pulls EN1 P
{4 x 100 on 1:25 Backstroke	EN2	S		{2 x 500 on 7:00 Pulls EN1 P
{4 x 100 on 1:20 Backstroke	EN2	S		300 12 x 25 on :30 IM order-build EN1 S
600 3 x 200 on 2:45 Pulls	EN1	P		$2,100 \text{ 6x} \{3 \text{ x } 50 \text{ on } : 45 \text{ Breaststroke} $ EN2 S
1,125 1x{3 x 125 on 1:45 Backstroke	EN2	S		$\{1 \times 50 \text{ on } : 40 \text{ Freestyle} \}$
{3 x 125 on 1:40 Backstroke	EN2	S		{3 x 50 on :45 Breaststroke EN2 S
{3 x 125 on 1:35 Backstroke	EN2	S		250 1 x 250 on 4:00 Stroke Drills REC D
600 3 x 200 on 2:45 Pulls	EN1	P		8:30 PM 7,050 Yards - Stress Value = 102
900 1x{2 x 150 on 2:00 Backstroke	EN2	S		0,00 111 ,,000 14140 001000 74140 101
{2 x 150 on 1:55 Backstroke	EN2	S		W 1 (11/21 W 1 1 05 D 1 2001
{2 x 150 on 1:50 Backstroke	EN2	S		Workout #1621 - Wednesday, 05 December 2001
400 8 x 50 on 1:00 Stroke Drills	REC	D		HighSchl - Breast
8:30 PM 7,125 Yards - Stress Value =	110			1 minute rest between sets

Workout #1614 - Tuesday, 04 December 2001 HighSchl - All

1 minute rest between sets

	5:30 AM Start			
Yards	Set Description	EGY	WORK	SI
=====	=======================================	===	====	==
	1 on 25:00 Weights		L	DF
400	1 x 400 on 7:00 Reverse IM drill	REC	D	1
300	12 x 25 on :30 Berzerks	SP3	S	FI
	1x{1 x 200 on 2:50 Pulls	EN1	P	E
	{2 x 100 on 1:25 Pulls	EN1	P	F
	{1 x 200 on 2:40 Pulls	EN1	P	E
	{2 x 100 on 1:20 Pulls	EN1	P	F
	{1 x 200 on 2:30 Pulls	EN1	P	E
	{2 x 100 on 1:15 Pulls	EN1	P	E
	$6x{6 \times 50 \text{ on :} 35 \text{ Freestyle}}$	EN1	S	E
	{1 on 1:00 Rest		M	
300	1 x 300 on 5:00 Stroke Drills	REC	D	(
	7:00 AM 4,000 Yards - Stress Value =	= 42		

Workout #1615 - Tuesday, 04 December 2001 HighSchl - All 1 minute rest between sets

	3:45 PM Start		
Yards	Set Description	EGY	WOF
	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 Berzerks	SP3	
	3x{1 x 100 on 2:00 Kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
	$1x{3 \times 150}$ on 2:15 Pulls no br L.15 yds	EN1	
	{3 x 150 on 2:15 Pulls no br L.20 yds	EN1	
	5x{1 x 100 on 1:30 Individual Medley	EN1	
	$\{4 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	
100	4 x 25 on 1:00 Choice OTB walkbacks	EN1	
	1 on 5:00 Techniques-relay srt		
	5:40 PM 4,200 Yards - Stress Value = 48		

3:00 PM Start

Yards Set Description

=====	1 20 00 7 1 1 1 1 1 1	===	====
	1 on 30:00 Dryland and stretch		L
800	16 x 50 on 1:00 Stroke Drills	REC	D
	odds free evns brst		
180	12 x 15 on :30 Shooters	SP3	S
1,000	1x{1 x 200 on 4:00 Kick	EN2	K
	{1 x 50 on 1:00 Kick	EN2	K
	{1 x 200 on 3:50 Kick	EN2	K
	{1 x 50 on 1:00 Kick	EN2	K
	{1 x 200 on 3:40 Kick	EN2	K
	{1 x 50 on 1:00 Kick	EN2	K
	{1 x 200 on 3:30 Kick	EN2	K
	{1 x 50 on 1:00 Kick	EN2	K
1,200	8x{1 x 50 on 2:15 Pulls	EN1	P
	{1 x 100 on 1:30 Pulls	EN1	P
	1 on 10:00 Techniques-starts		D
1,200	$4x{1 \times 250 \text{ on } 5:00 \text{ Breast w/ fly kick}}$	EN1	D
	{1 x 50 on 1:00 Breaststroke 90%	EN2	S
400	16 x 25 on :40 Stroke Drills	REC	D
	5:31 PM 4,780 Yards - Stress Value = 5	53	

Workout #1617 - Wednesday, 05 December 2001 HighSchl - Distance 1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WORK
	=======================================	===	====
	1 on 30:00 Dryland and stretch		L
800	16 x 50 on 1:00 Stroke Drills	REC	D
	odds free evns nonfr		
800	$1x{1 x 200 on 3:00 1st 50 fast}$	EN1	S
	{1 x 200 on 3:00 1st 100 fast	EN1	S
	{1 x 200 on 3:00 1st 150 fast	EN2	S
	$\{1 \times 200 \text{ on } 3:00 \text{ All fast} \}$	EN3	S
	1 on 10:00 Techniques-Auburn		D
750	1x{3 x 75 on 1:30 Kick	EN2	K
	{4 x 75 on 1:25 Kick	EN2	K
	{3 x 75 on 1:20 Kick	EN2	K
2,400	$1x{2 x 400 on 5:30 Pulls with paddles}$	EN1	P
	$\{2 \times 400 \text{ on } 5:20 \text{ Pulls with paddles}\}$	EN1	P
	{2 x 400 on 5:10 Pulls	EN1	P
200	1 x 200 on 3:00 Free build each 50	EN1	S
1,500	$1x{4 x 125 on 2:00 Freestyle}$	EN1	S
	{4 x 125 on 1:55 Freestyle	EN1	S
	{4 x 125 on 1:50 Freestyle	EN1	S
200	1 x 200 on 3:00 Stroke Drills	REC	D

Workout #1619 - Wednesday, 05 December 2001 HighSchl - Fly & Back 1 minute rest between sets

5:30 PM 6,650 Yards - Stress Value = 75

	3:00 PM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 30:00 Dryland and stretch		I
800	16 x 50 on 1:00 Stroke Drills	REC	Ι
	6-8 should be your#1		
	1 on 10:00 Techniques-tunrs		Ι
1,200	12 x 100 on 1:45 Kick with flippers	EN2	ŀ
	1x{2 x 300 on 4:30 Pulls-nbbf&w	EN1	E
	{2 x 300 on 4:25 Pulls-nbbf&w	EN1	Ε
	{2 x 300 on 4:20 Pulls-nbbf&w	EN1	Ε
400	16 x 25 on :30 IM order-build	EN1	٤
	$1x{4 x 150 on 3:00 100 drill 50 stroke}$	EN1	Ι
	{1 x 100 on 1:45 Individual Medley	EN1	٤
	{3 x 150 on 2:50 100 drill 50 stroke	EN1	Ι
	{1 x 100 on 1:45 Individual Medley	EN1	٤
	{2 x 150 on 2:40 100 drill 50 stroke	EN1	٤
200	1 x 200 on 3:00 Six kick switch	REC	Ι
	5:30 PM 5,950 Yards - Stress Value = 63	L	

Workout #1618 - Wednesday, 05 December 2001 HighSchl - Rookies 1 minute rest between sets

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=====		===	====	===
	1 on 30:00 Stomach and Stretch		L	DRY
400	8 x 50 on 2:00 Stroke Drills	REC	D	CHO
180	12 x 15 on :30 Shooters	SP3	S	FR
	1 on 10:00 Techniques-starts		D	
1,000	4x{1 x 50 on 1:30 Kick	EN2	K	CHO
	$\{1 \times 50 \text{ on } 1:25 \text{ Kick} \}$	EN2	K	CHO
	{1 x 50 on 1:20 Kick	EN2	K	CHO
	{1 x 50 on 1:10 Kick	EN2	K	CHO
	$\{1 \times 50 \text{ on } 1:15 \text{ Kick} \}$	EN2	K	CHO
	1 on :50 Rest		M	
1,200	1x{3 x 100 on 3:00 Pulls-nbbf&w	EN1	P	FR
	{3 x 100 on 2:50 Pulls-nbbf&w	EN1	P	FR
	{3 x 100 on 2:40 Pulls-nbbf&w	EN1	P	FR
	${3 \times 100 \text{ on } 2:30 \text{ Pulls-nbbf&w}}$	EN1	P	FR

800	4x{1	x 150 on 4:00 Freestyle	EN1	S	FR
	{ 1	x 50 on 1:00 Stroke	EN1	S	STK
200	1	x 200 on :00 Stroke Drills	REC	D	CD
	5:27	PM 3,780 Yards - Stress Valu	e = 47		

Workout #1620 - Wednesday, 05 December 2001 HighSchl - Sprint

1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WORF
	=======================================	===	====
	1 on 30:00 Dryland and stretch		I
800	16 x 50 on 1:00 Stroke Drills	REC	Γ
	last 12yds sprint		
	1 on 10:00 Techniques-relay srt		Γ
1,600	8x{2 x 50 on 1:00 Kick with flippers	EN2	F
	$\{2 \times 50 \text{ on } 1:00 \text{ Kick w/flprs udnr wt}$	EN2	F
	{ no fly kick		
1,350	6x{1 x 100 on 1:30 Pulls	EN1	E
	$\{1 \times 75 \text{ on } 1:05 \text{ Pulls}$	EN1	E
	{1 x 50 on :45 Pulls	EN1	E
	{ no brth L.25 of each		
2,000	$1x{4 x 125 on 2:00 Freestyle}$	EN1	٤
	{4 x 125 on 1:55 Freestyle	EN1	٤
	{4 x 125 on 1:50 Freestyle	EN1	٤
	{4 x 125 on 1:45 Freestyle	EN1	٤
400	8 x 50 on 1:00 Stroke Drills	REC	Γ
	5:30 PM 6,150 Yards - Stress Value = 69	5	

Workout #1624 - Thursday, 06 December 2001 Group 3 - All 1 minute rest between sets

· •	6:00 PM Start		
Yards	Set Description	EGY	WOF
=====		===	===
	1 on 30:00 Stomach and Stretch		
900	12 x 75 on 1:30 25dr 25ki 25sw 3on E	REC	
300	12 x 25 on :30 Berzerks	SP3	
	1x{1 x 100 on 2:00 Kick	EN1	
	{2 x 100 on 1:55 Kick	EN2	
	{3 x 100 on 1:50 Kick	EN2	
	{4 x 100 on 1:45 Kick	EN2	
	1x{2 x 300 on 4:00 Pulls	EN1	
	{2 x 300 on 3:50 Pulls	EN1	
-	{2 x 300 on 3:40 Pulls	EN1	
400	1 x 400 on 7:00 Individual Medley	EN1	
:	$1x\{8 \times 50 \text{ on } : 45 \text{ Butterfly}$	EN2	
-	{1 x 100 on 1:30 Individual Medley	EN2	
	${7 \times 50 \text{ on } :50 \text{ Butterfly}}$	EN2	
	{1 x 100 on 1:30 Individual Medley	EN2	
	{6 x 50 on :55 Butterfly	EN2	
	{1 x 100 on 1:30 Individual Medley	EN2	
	$\{5 \times 50 \text{ on } 1:00 \text{ Butterfly} \}$	EN2	
	{1 x 100 on 1:30 Individual Medley	EN2	
600	24 x 25 on :30 IM order 12-24drill	EN1	
	8:30 PM 6,700 Yards - Stress Value = 93		

Workout #1625 - Thursday, 06 December 2001 Group 2 - All

1 minute rest between sets

	6:30 PM Start			
Yards	Set Description	EGY	WORK	۶
	=======================================	===	====	=
	1 on 15:00 Stomach and Stretch		L	Γ
600	12 x 50 on 1:15 Stroke Drills	REC	D	(
	1 on 15:00 Techniques-relay str		S	
	$3x{1 \times 100}$ on 2:00 Individual Medley	EN1	S	
	$\{1 \times 50 \text{ on } :50 \text{ Freestyle}$	EN1	S	
	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	S	
	$\{1 \times 50 \text{ on } : 40 \text{ Freestyle} \}$	EN1	S	
	{1 on :45 Rest		M	
	1 on 25:00 KILLER RELAYS!!		S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	8:00 PM 1,550 Yards - Stress Value =	9		

Workout #1623 - Thursday, 06 December 2001 HighSchl - All

1 minute rest between sets

	11:00	O AM Start		
Yards	Se	et Description	EGY	WORF
=====	==		===	====
	1	on 35:00 Stomach and Stretch		I
800	4	x 200 on 3:30 Swim-kick-pull-swim	REC	٤
180	12	2 x 15 on :30 Shooters	SP3	٤
	3x{3	x 100 on 2:00 Kick	EN2	F
	{ 1	x 100 on 1:30 Kick	EN2	F
	1x{4	x 100 on 1:30 Pulls	EN1	E
	8 }	x 50 on :45 Pulls	EN1	E
	{ 2	x 200 on 3:00 Pulls	EN1	E
	{ 1	x 400 on 6:00 Pulls	EN1	E
400	4	x 100 on 1:45 Individual Medley	EN1	٤
	1x{8	x 75 on 1:10 Freestyle	EN1	٤
	8 }	x 75 on 1:05 Freestyle	EN1	٤
	8 }	x 75 on 1:00 Freestyle	EN1	٤
450	9	x 50 on 1:00 Stroke Drills	REC	Ι
	1:30	PM 6,430 Yards - Stress Value = 69	9	

Workout #1631 - Friday, 07 December 2001 Group 3 - All

1 minute rest between sets

	6:00 PM Start			
Yards	Set Description	EGY	WORK	č
=====	=======================================	===	====	=
	1 on 30:00 Stomach and Stretch		L	Ι
800	2 x 400 on 7:00 Reverse IM drill	REC	D	
180	12 x 15 on :30 Shooters	SP3	S	(
	2x{5 x 75 on 1:15 Kick	EN2	K	(
	{1 x 125 on 3:00 Kick	EN2	K	(
	$1x{4 \times 50 \text{ on } 1:00 \text{ Pulls-nbbf&w}}$	EN1	P	
	$\{4 \times 50 \text{ on } :55 \text{ Pulls-nbbf&w}$	EN1	P	
	$\{4 \times 50 \text{ on } :50 \text{ Pulls-nbbf&w}$	EN1	P	
	$\{4 \times 50 \text{ on } : 45 \text{ Pulls-nbbf&w}$	EN1	P	
200	1 x 200 on 3:00 Individual Medley	EN1	S	
	1 on 25:00 Killer Relays		S	
200	1 x 200 on 4:00 Stroke Drills	REC	D	
	8:00 PM 3,180 Yards - Stress Value =	37		

Workout #1627 - Friday, 07 December 2001 HighSchl - Breast 1 minute rest between sets

3:00 PM Start
Yards Set Description EGY WOF

1 on 15:00 Stretch

1 x 600 on 10:00 Swim-kick-pull-swim REC

180	12	2 x 15 on :30 Shooters	SP3
900	1x{3	x 100 on 2:00 Kick	EN2
	{ 3	x 100 on 1:55 Kick	EN2
	{ 3	x 100 on 1:50 Kick	EN2
900	1x{4	x 50 on 1:15 Pulls with paddles	EN1
	{ 4	x 75 on 1:45 Pulls with paddles	EN1
	{ 4	x 100 on 2:10 Pulls with paddles	EN1
400	4	x 100 on 1:45 Individual Medley	EN1
1,050	1x{2	x 100 on 2:00 Butterfly	EN1
	{ 3	x 50 on 1:00 Breaststroke-descend	EN2
	{2	x 100 on 2:00 Butterfly	EN2
	{ 3	x 50 on :55 Breaststroke-descend	EN2
	{2	x 100 on 2:00 Butterfly	EN1
	{ 3	x 50 on :50 Breaststroke-descend	EN2
	1	on 15:00 Run the quantlet	
		PM 4,030 Yards - Stress Value = 55	

Workout #1629 - Friday, 07 December 2001 HighSchl - Distance

1 minute rest between sets

	Yards	3:00 Se							EGY	WOF
	=====	==	===		-===				===	===
		1	or	15:	:00	Stre	tch			
R۴	600	1	Х	600	on	10:00	Swim-kick	-pull-swim	REC	
==							Shooters	-	SP3	
Ι	500	1x{2	Х	100	on	2:00	Kick		EN2	
č		{2	Х	100	on	1:50	Kick		EN2	
č		{ 1	Х	100	on	1:40	Kick		EN2	
ŀ	1,000	1	Х	1000	or or	14:0	00 Pulls		EN1	
ŀ	900	1x{3	Х	100	on	1:45	Freestyle-	descend	EN1	
E		{ 3	Х	100	on	1:35	Freestyle-	descend	EN1	
Ε		{ 3	Х	100	on	1:25	Freestyle-	descend	EN1	
E	2,100	1x{2	Х	250	on	3:45	Freestyle		EN1	
E		{ 1	Х	200	on	2:20	Freestyle		EN2	
5		{2	Х	250	on	3:45	Freestyle		EN1	
٤		{ 1	Х	200	on	2:15	Freestyle		EN2	
ž		{2	Х	250	on	3:45	Freestyle		EN1	
5		{ 1	Х	200	on	2:10	Freestyle		EN2	
L		1	or	15:	:00	Run †	the gauntle	t		
		4:59	PΝ	15,2	280	Yard	s - Stress	Value = 63		

Workout #1626 - Friday, 07 December 2001 HighSchl - Fly & Back 1 minute rest between sets

:	Yards	3:00 PM Start Set Description	EGY	WOF
		1 on 15.00 Chrotch		
		<pre>1 on 15:00 Stretch 1 x 600 on 10:00 Swim-kick-pull-swim 12 x 15 on :30 Shooters</pre>	REC SP3	
			EN2	
	1,000	· · · · · · · · · · · · · · · · · · ·	EN2	
		-	EN2	
		{ middle 25 under watr		
	675	1x{3 x 75 on 1:15 Pulls-nbbf&w	EN1	
		{3 x 75 on 1:10 Pulls-nbbf&w	EN1	
		$\{3 \times 75 \text{ on } 1:05 \text{ Pulls-nbbf&w}$	EN1	
	400	4 x 100 on 1:45 Individual Medley	EN1	
	1,350	1x{3 x 100 on 1:30 Freestyle	EN1	
		{3 x 50 on 1:00 Your Stroke-descend	EN2	
		{3 x 100 on 1:30 Freestyle	EN1	
		{3 x 50 on :55 Your Stroke-descend	EN2	
		{3 x 100 on 1:30 Freestyle	EN1	
		{3 x 50 on :50 Your Stroke-descend	EN2	
		1 on 15:00 Run the guantlet		
		4:56 PM 4,555 Yards - Stress Value = 62		

Workout #1630 - Friday, 07 December 2001 HighSchl - All 1 minute rest between sets

1:29 PM 6,700 Yards - Stress Value = 110

Workout #1634 - Saturday, 08 December 2001 Group 2 - All 1 minute rest between sets

5 20 54 6			1 minute rest between sets		
5:30 PM Start Yards Set Description	EGY WOF		11.00 7M (4		
===== =================================		Yards	11:00 AM Start Set Description	EGY	WC
600 1 x 600 on 12:00 Swim-kick-pull-swim 300 12 x 25 on :30 Berzerks	REC SP3	=====	1 on 30:00 Stomach and Stretch		
6x{2 x 100 on 1:30 Pulls	EN1	600	1 x 600 on 15:00 Swim-kick-pull-swim	REC	
•	EN1	180	12 x 15 on :30 Shooters	SP3	
$1 \times \{1 \times 150 \text{ on } 2:15 \text{ Freestyle} $ $\{1 \times 150 \text{ on } 2:10 \text{ Freestyle} \}$	EN1 EN1	F 0 0	1 on 15:00 Techniques-TN turn		
{1 x 150 on 2:10 Freestyle {1 x 150 on 2:05 Freestyle	EN1	500	10 x 50 on 1:00 Freestyle 5x{1 x 100 on 2:15 Kick	EN1 EN2	
{1 x 150 on 2:10 Freestyle	EN1		$\{2 \times 25 \text{ on } 1:00 \text{ Under water fly kick}\}$	EN2	
{1 x 150 on 2:05 Freestyle	EN1		1x{4 x 100 on 1:45 Pulls	EN1	
{1 x 150 on 2:00 Freestyle	EN2		{3 x 100 on 1:40 Pulls	EN1	
$\{1 \times 150 \text{ on } 2:05 \text{ Freestyle} \}$	EN1		{2 x 100 on 1:35 Pulls	EN1	
{1 x 150 on 2:00 Freestyle	EN2		{1 x 100 on 1:30 Pulls	EN1	
{1 x 150 on 1:55 Freestyle	EN2	300		EN1	
$\{1 \times 150 \text{ on } 2:00 \text{ Freestyle} $ $\{1 \times 150 \text{ on } 1:55 \text{ Freestyle} \}$	EN2 EN2	1,000	<u> </u>		
{1 x 150 on 1:50 Freestyle	EN2	200	1 x 200 on 4:00 Stroke Drills	REC	
{1 x 150 on 1:55 Freestyle	EN2		1:32 PM 4,530 Yards - Stress Value = 60		
$\{1 \times 150 \text{ on } 1:50 \text{ Freestyle}$	EN2		W 1 4/1/22 C 4 1 00 D 1 2001		
$\{1 \times 150 \text{ on } 1:45 \text{ Freestyle}$	EN2		Workout #1632 - Saturday, 08 December 2001		
400 8 x 50 on 1:00 Stroke Drills	REC		HighSchl - All		
7:00 PM 5,350 Yards - Stress Value = 69			1 minute rest between sets		
Workout #1628 - Friday, 07 December 2001			6:30 AM Start		
HighSchl - Sprint		Yards	Set Description	EGY	
1 minute rest between sets		=====	1 on 40:00 Weights and Stretch	====	==
			2x{1 x 200 on 3:30 Reverse IM drill	REC	
3:00 PM Start			{1 x 200 on 3:30 Swim-kick-pull-swim	REC	
Yards Set Description	EGY WOF	300	· · · · · · · · · · · · · · · · · · ·	SP3	
			4x{2 x 100 on 2:00 Kick	EN2	
1 on 15:00 Stretch	DEC		$\{3 \times 25 \text{ on } : 45 \text{ Sprint kick} \}$	EN3	
600 1 x 600 on 10:00 Swim-kick-pull-swim 180 12 x 15 on :30 Shooters	SP3		1x{2 x 400 on 5:30 Pulls	EN1	
1,000 1x{3 x 100 on 2:00 Kick with flippers	EN3	2 200	{2 x 400 on 5:15 Pulls	EN1	
{3 x 100 on 1:55 Kick with flippers	EN3	2,200 300	11 x 200 on 3:00 Challenge set!!!!!! 1 x 300 on 5:00 Stroke Drills	REC	
{4 x 100 on 1:50 Kick with flippers	EN3	300	9:00 AM 6,300 Yards - Stress Value = 100		
900 $1x\{4 \times 75 \text{ on } 1:15 \text{ Pulls-nbbf}\&w$	EN1		,		
$\{4 \times 75 \text{ on } 1:10 \text{ Pulls-nbbf\&w}\}$	EN1		Workout #1639 - Monday, 10 December 2001		
{4 x 75 on 1:05 Pulls-nbbf&w	EN1		Group 3 - All		
400 4 x 100 on 1:45 Freestyle-descend 1,500 3x{8 x 25 on :30 Freestyle	EN1 EN1		-		
{6 x 25 on :25 Freestyle	EN1		1 minute rest between sets		
$\{4 \times 25 \text{ on } : 20 \text{ Freestyle} \}$	EN1		6:00 PM Start		
{2 x 25 on :15 Freestyle	EN2	Yards	Set Description	EGY W	VOF
{1 on 1:00 Rest			=======================================		
1 on 15:00 Run the guantlet			1 on 30:00 Stomach and Stretch		
E.OO DM 4 EOO Vondo C+mass 7701 00					
5:00 PM 4,580 Yards - Stress Value = 99		800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
5:00 PM 4,500 rards - Stress value = 99		300	12 x 25 on :30 Berzerks	SP3	
Workout #1633 - Saturday, 08 December 2001		300	12 x 25 on :30 Berzerks 1x{4 x 400 on 5:05 Freestyle	SP3 EN2	
		300	12 x 25 on :30 Berzerks 1x{4 x 400 on 5:05 Freestyle {3 x 300 on 3:45 Freestyle	SP3 EN2 EN2	
Workout #1633 - Saturday, 08 December 2001		300	12 x 25 on :30 Berzerks 1x{4 x 400 on 5:05 Freestyle {3 x 300 on 3:45 Freestyle {2 x 200 on 2:25 Freestyle	SP3 EN2 EN2 EN2	
Workout #1633 - Saturday, 08 December 2001 Group 3 - All		300 3,000	12 x 25 on :30 Berzerks 1x{4 x 400 on 5:05 Freestyle {3 x 300 on 3:45 Freestyle {2 x 200 on 2:25 Freestyle {1 x 100 on 1:10 Freestyle	SP3 EN2 EN2 EN2 EN2	
Workout #1633 - Saturday, 08 December 2001 Group 3 - All		300 3,000	12 x 25 on :30 Berzerks 1x{4 x 400 on 5:05 Freestyle {3 x 300 on 3:45 Freestyle {2 x 200 on 2:25 Freestyle {1 x 100 on 1:10 Freestyle 1x{4 x 75 on 1:30 Kick	SP3 EN2 EN2 EN2	
Workout #1633 - Saturday, 08 December 2001 Group 3 - All 1 minute rest between sets 11:00 AM Start Yards Set Description	EGY WC	300 3,000	12 x 25 on :30 Berzerks 1x{4 x 400 on 5:05 Freestyle {3 x 300 on 3:45 Freestyle {2 x 200 on 2:25 Freestyle {1 x 100 on 1:10 Freestyle	SP3 EN2 EN2 EN2 EN2 EN2	
Workout #1633 - Saturday, 08 December 2001 Group 3 - All 1 minute rest between sets 11:00 AM Start Yards Set Description		300 3,000 1,200	12 x 25 on :30 Berzerks 1x{4 x 400 on 5:05 Freestyle {3 x 300 on 3:45 Freestyle {2 x 200 on 2:25 Freestyle {1 x 100 on 1:10 Freestyle 1x{4 x 75 on 1:30 Kick {4 x 75 on 1:25 Kick {4 x 75 on 1:20 Kick {4 x 75 on 1:15 Kick	SP3 EN2 EN2 EN2 EN2 EN2 EN2	
Workout #1633 - Saturday, 08 December 2001 Group 3 - All 1 minute rest between sets 11:00 AM Start Yards Set Description 1 on 30:00 Stomach and Stretch	======	300 3,000 1,200	12 x 25 on :30 Berzerks 1x{4 x 400 on 5:05 Freestyle {3 x 300 on 3:45 Freestyle {2 x 200 on 2:25 Freestyle {1 x 100 on 1:10 Freestyle 1x{4 x 75 on 1:30 Kick {4 x 75 on 1:25 Kick {4 x 75 on 1:20 Kick {4 x 75 on 1:15 Kick {4 x 75 on 1:15 Kick } 1x{6 x 50 on 1:00 Pulls-nbbf&w	SP3 EN2	
Workout #1633 - Saturday, 08 December 2001 Group 3 - All 1 minute rest between sets 11:00 AM Start Yards Set Description 1 on 30:00 Stomach and Stretch 2x{1 x 200 on 3:30 Reverse IM drill	REC	300 3,000 1,200	12 x 25 on :30 Berzerks 1x{4 x 400 on 5:05 Freestyle {3 x 300 on 3:45 Freestyle {2 x 200 on 2:25 Freestyle {1 x 100 on 1:10 Freestyle 1x{4 x 75 on 1:30 Kick {4 x 75 on 1:25 Kick {4 x 75 on 1:25 Kick {4 x 75 on 1:15 Kick {4 x 75 on 1:55 Pulls-nbbf&w {6 x 50 on :55 Pulls-nbbf&w	SP3 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN1 EN1	
Workout #1633 - Saturday, 08 December 2001 Group 3 - All 1 minute rest between sets 11:00 AM Start Yards Set Description 1 on 30:00 Stomach and Stretch 2x{1 x 200 on 3:30 Reverse IM drill {1 x 200 on 3:30 Swim-kick-pull-swim	REC REC	300 3,000 1,200	12 x 25 on :30 Berzerks 1x{4 x 400 on 5:05 Freestyle {3 x 300 on 3:45 Freestyle {2 x 200 on 2:25 Freestyle {1 x 100 on 1:10 Freestyle 1x{4 x 75 on 1:30 Kick {4 x 75 on 1:25 Kick {4 x 75 on 1:25 Kick {4 x 75 on 1:15 Kick 1x{6 x 50 on 1:10 Pulls-nbbf&w {6 x 50 on :55 Pulls-nbbf&w {6 x 50 on :50 Pulls-nbbf&w	SP3 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN1 EN1	
Workout #1633 - Saturday, 08 December 2001 Group 3 - All 1 minute rest between sets 11:00 AM Start Yards Set Description 1 on 30:00 Stomach and Stretch 2x{1 x 200 on 3:30 Reverse IM drill {1 x 200 on 3:30 Swim-kick-pull-swim	REC	300 3,000 1,200	12 x 25 on :30 Berzerks 1x{4 x 400 on 5:05 Freestyle {3 x 300 on 3:45 Freestyle {2 x 200 on 2:25 Freestyle {1 x 100 on 1:10 Freestyle 1x{4 x 75 on 1:30 Kick {4 x 75 on 1:25 Kick {4 x 75 on 1:25 Kick {4 x 75 on 1:15 Kick 1x{6 x 50 on 1:10 Pulls-nbbf&w {6 x 50 on :55 Pulls-nbbf&w {6 x 50 on :45 Pulls-nbbf&w {6 x 50 on :45 Pulls-nbbf&w	SP3 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN1 EN1	
Workout #1633 - Saturday, 08 December 2001 Group 3 - All 1 minute rest between sets 11:00 AM Start Yards Set Description 1 on 30:00 Stomach and Stretch 2x{1 x 200 on 3:30 Reverse IM drill {1 x 200 on 3:30 Swim-kick-pull-swim} 300 12 x 25 on :30 Berzerks	REC REC SP3	300 3,000 1,200	12 x 25 on :30 Berzerks 1x{4 x 400 on 5:05 Freestyle {3 x 300 on 3:45 Freestyle {2 x 200 on 2:25 Freestyle {1 x 100 on 1:10 Freestyle 1x{4 x 75 on 1:30 Kick {4 x 75 on 1:25 Kick {4 x 75 on 1:25 Kick {4 x 75 on 1:20 Kick {4 x 75 on 1:15 Kick 1x{6 x 50 on 1:10 Pulls-nbbf&w {6 x 50 on :55 Pulls-nbbf&w {6 x 50 on :45 Pulls-nbbf&w {6 x 50 on :45 Pulls-nbbf&w { hold all under :35	SP3 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN1 EN1	
Workout #1633 - Saturday, 08 December 2001 Group 3 - All 1 minute rest between sets 11:00 AM Start Yards Set Description 1 on 30:00 Stomach and Stretch 2x{1 x 200 on 3:30 Reverse IM drill {1 x 200 on 3:30 Swim-kick-pull-swim 300 12 x 25 on :30 Berzerks 4x{2 x 100 on 2:00 Kick	REC REC SP3 EN2	300 3,000 1,200	12 x 25 on :30 Berzerks 1x{4 x 400 on 5:05 Freestyle {3 x 300 on 3:45 Freestyle {2 x 200 on 2:25 Freestyle {1 x 100 on 1:10 Freestyle 1x{4 x 75 on 1:30 Kick 4 x 75 on 1:25 Kick 4 x 75 on 1:25 Kick 4 x 75 on 1:15 Kick 1x{6 x 50 on 1:10 Pulls-nbbf&w 46 x 50 on :55 Pulls-nbbf&w 46 x 50 on :50 Pulls-nbbf&w 46 x 50 on :45 Pulls-nbbf&w 4 hold all under :35 5 x 100 on 1:45 Stroke Drills	SP3 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1	
Workout #1633 - Saturday, 08 December 2001 Group 3 - All 1 minute rest between sets 11:00 AM Start Set Description 1 on 30:00 Stomach and Stretch 2x{1 x 200 on 3:30 Reverse IM drill {1 x 200 on 3:30 Swim-kick-pull-swim} 300 12 x 25 on :30 Berzerks 4x{2 x 100 on 2:00 Kick {3 x 25 on :45 Sprint kick 1x{2 x 400 on 5:30 Pulls {2 x 400 on 5:15 Pulls}	REC REC SP3 EN2 EN3 EN1 EN1	300 3,000 1,200	12 x 25 on :30 Berzerks 1x{4 x 400 on 5:05 Freestyle {3 x 300 on 3:45 Freestyle {2 x 200 on 2:25 Freestyle {1 x 100 on 1:10 Freestyle 1x{4 x 75 on 1:30 Kick {4 x 75 on 1:25 Kick {4 x 75 on 1:25 Kick {4 x 75 on 1:20 Kick {4 x 75 on 1:15 Kick 1x{6 x 50 on 1:10 Pulls-nbbf&w {6 x 50 on :55 Pulls-nbbf&w {6 x 50 on :45 Pulls-nbbf&w {6 x 50 on :45 Pulls-nbbf&w { hold all under :35	SP3 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1 EN1	
Workout #1633 - Saturday, 08 December 2001 Group 3 - All 1 minute rest between sets 11:00 AM Start Yards Set Description 1 on 30:00 Stomach and Stretch 2x{1 x 200 on 3:30 Reverse IM drill {1 x 200 on 3:30 Swim-kick-pull-swim 300 12 x 25 on :30 Berzerks 4x{2 x 100 on 2:00 Kick {3 x 25 on :45 Sprint kick 1x{2 x 400 on 5:30 Pulls {2 x 400 on 5:15 Pulls 400 8 x 50 on 1:00 3 on each stroke	REC REC SP3 EN2 EN3 EN1 EN1 EN1	300 3,000 1,200	12 x 25 on :30 Berzerks 1x{4 x 400 on 5:05 Freestyle {3 x 300 on 3:45 Freestyle {2 x 200 on 2:25 Freestyle {1 x 100 on 1:10 Freestyle 1x{4 x 75 on 1:30 Kick 4 x 75 on 1:25 Kick 4 x 75 on 1:25 Kick 4 x 75 on 1:15 Kick 1x{6 x 50 on 1:10 Pulls-nbbf&w 46 x 50 on :55 Pulls-nbbf&w 46 x 50 on :50 Pulls-nbbf&w 46 x 50 on :45 Pulls-nbbf&w 4 hold all under :35 5 x 100 on 1:45 Stroke Drills	SP3 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1	
Workout #1633 - Saturday, 08 December 2001 Group 3 - All 1 minute rest between sets 11:00 AM Start Yards Set Description 1 on 30:00 Stomach and Stretch 2x{1 x 200 on 3:30 Reverse IM drill {1 x 200 on 3:30 Swim-kick-pull-swim} 300 12 x 25 on :30 Berzerks 4x{2 x 100 on 2:00 Kick {3 x 25 on :45 Sprint kick 1x{2 x 400 on 5:30 Pulls {2 x 400 on 5:15 Pulls}	REC REC SP3 EN2 EN3 EN1 EN1 EN1	300 3,000 1,200	12 x 25 on :30 Berzerks 1x{4 x 400 on 5:05 Freestyle {3 x 300 on 3:45 Freestyle {2 x 200 on 2:25 Freestyle {1 x 100 on 1:10 Freestyle 1x{4 x 75 on 1:30 Kick 4 x 75 on 1:25 Kick 4 x 75 on 1:25 Kick 4 x 75 on 1:15 Kick 1x{6 x 50 on 1:10 Pulls-nbbf&w 46 x 50 on :55 Pulls-nbbf&w 46 x 50 on :50 Pulls-nbbf&w 46 x 50 on :45 Pulls-nbbf&w 4 hold all under :35 5 x 100 on 1:45 Stroke Drills	SP3 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN1 EN1 EN1	

3:00 PM Start

Workout #1636 - Monday, 10 December 2001 HighSchl - Breast 1 minute rest between sets

{1 x 100 on 2:50 Your Stroke w/fins EN3 S 350 7 x 50 on 1:00 Stroke Drills REC I 5:30 PM 5,350 Yards - Stress Value = 138

HighSchl - Sprint
1 minute rest between sets

5:30 PM 5,350 Yards - Stress Value : Workout #1635 - Monday, 10 December 2001

Yards		PM S			EGY	WC
=====	==		====		===	==
	1	on 30	:00	Dryland and stretch		
600	1	x 600	on	15:00 Swim-kick-drill-swim	REC	
325	13	8 x 25	on	:30 Berzerks	SP3	
800	1	x 800	on	16:00 Vertical Kicking	EN2	
1,200	1x{1	x 400	on	9:00 Pulls	EN1	
	{ 2	x 200	on	4:30 Pulls	EN1	
	{ 4	x 100	on	2:15 Pulls	EN1	
300	12	2 x 25	on	:30 Freestyle-build	EN1	
1,500	1x{3	x 150	on	4:00 Breaststroke	EN3	
	{ 2	x 150	on	3:50 Breaststroke	EN3	
	{ 1	x 150	on	3:40 Breaststroke	EN3	
	{ 3	x 100	on	2:25 Breaststroke	EN3	
	{ 2	x 100	on	2:20 Breaststroke	EN3	
	{ 1	x 100	on	2:15 Breaststroke	EN3	
250	5	x 50 d	on 1	:00 Stroke Drills	REC	
	5:30	PM 4,	975	Yards - Stress Value = 134		

Workout #1637 - Monday, 10 December 2001 HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK
=====	=======================================	===	====
	1 on 30:00 Stomach and Stretch		L
1,000	1 x 1000 on 15:00 Choice	REC	S
600	$3x{1 \times 50 \text{ on } :45 \text{ Free 1st 12 yds fast}}$	SP3	S
	{1 x 50 on :45 Free 2nd 12 yds fast	REC	S
	$\{1 \times 50 \text{ on } : 45 \text{ Free } 3\text{rd } 12 \text{ yds } \text{fast} \}$	REC	S
	$\{1 \times 50 \text{ on } : 45 \text{ Free } 4\text{th } 12 \text{ yds } \text{fast} \}$	REC	S
5,500	1x{5 x 500 on 6:30 Freestyle	EN2	S
	$\{4 \times 400 \text{ on } 5:05 \text{ Freestyle}$	EN2	S
	{3 x 300 on 3:45 Freestyle	EN2	S
	{2 x 200 on 2:25 Freestyle	EN2	S
	{1 x 100 on 1:10 Freestyle	EN2	S
900	1x{6 x 50 on 1:00 Pulls-nbbf&w	EN1	P
	{6 x 50 on :55 Pulls-nbbf&w	EN1	P
	{6 x 50 on :50 Pulls-nbbf&w	EN1	P
	{ w/ paddles hold all		
	{ under :35		
250	1 x 250 on 4:00 Stroke Drills	REC	D
	5:30 PM 8,250 Yards - Stress Value = 1	.25	

Workout #1638 - Monday, 10 December 2001 HighSchl - Fly & Back 1 minute rest between sets

Yards	3:00 PM Start Set Description	EGY	WORF
	======================================	===	====
	1 on 30:00 Dryland and stretch		Т
800	1 x 800 on 15:00 Reverse IM drill	REC	Г
			-
300	12 x 25 on :30 Berzerks	SP3	٤
1,200	12 x 100 on 2:00 Kick w/out board	EN2	F
	1st 15m under all		
	turns strmln pastflg		
1,000	$1x\{6 \times 50 \text{ on } 1:00 \text{ Pulls-nbbf&w}$	EN1	E
	$\{5 \times 50 \text{ on :} 55 \text{ Pulls br ev 5}$	EN1	E
	{4 x 50 on :50 Pulls br ev 7	EN1	E
	$\{3 \times 50 \text{ on } : 45 \text{ Pulls br ev } 9$	EN1	E
	{2 x 50 on :40 Pulls br ev 11	EN1	E
200	1 x 200 on 4:00 Individual Medley	EN1	٤
1,500	1x{5 x 100 on 2:30 Your Stroke w/ fins	EN3	٤
	{4 x 100 on 2:35 Your Stroke w/ fins	EN3	٤
	{3 x 100 on 2:40 Your Stroke w/ fins	EN3	٤
	{2 x 100 on 2:45 Your Stroke w/ fins	EN3	٤

	3:00 PM Start		
Yards	Set Description	EGY	WOI
	=======================================	===	===
	1 on 30:00 Dryland and stretch		
750	15 x 50 on 1:00 Stroke Drills	REC	
	last 12 yards fast		
180	12 x 15 on :30 Shooters	SP3	
1,500	$3x{1 \times 200 \text{ on } 3:00 \text{ Kick with flippers}}$	EN2	
	{1 x 150 on 2:15 Kick with flippers	EN2	
	{1 x 100 on 1:30 Kick with flippers	EN2	
	$\{1 \times 50 \text{ on } : 45 \text{ Kick with flippers} \}$	EN2	
1,000	1x{4 x 100 on 1:30 Lungbuster pulls	EN1	
	{3 x 100 on 1:25 Lungbuster pulls	EN1	
	{2 x 100 on 1:20 Lungbuster pulls	EN1	
	{1 x 100 on 1:15 Lungbuster pulls	EN1	
250	10 x 25 on :30 Freestyle-build	EN1	
1,875	1x{5 x 125 on 2:30 W/paddles & zoomers	EN3	
	{4 x 125 on 2:35 W/paddles & zoomers	EN3	
	{3 x 125 on 2:40 W/paddles & zoomers	EN3	
	$\{2 \times 125 \text{ on } 2:45 \text{ W/ paddles } \& \text{ zoomers} \}$	EN3	
	$\{1 \times 125 \text{ on } 2:45 \text{ W/ paddles } \& \text{ zoomers} \}$	EN3	
500	10 x 50 on 1:00 Stroke Drills	REC	
	5:30 PM 6,055 Yards - Stress Value = 162	2	

Workout #1640 - Tuesday, 11 December 2001 Group 3 - All

1 minute rest between sets

	6:00 PM Start		
Yards	Set Description	EGY	WOF
=====		===	===
	1 on 30:00 Stomach and Stretch		
800	16 x 50 on 1:00 Stroke Drills 4 on E	REC	
300	12 x 25 on :30 Berzerks	SP3	
	1x{6 x 50 on 1:00 Kick des in 3's	EN2	
	{6 x 75 on 1:30 Kick des in 3's	EN2	
	{6 x 100 on 2:00 Kick des in 3's	EN2	
	1x{2 x 25 on :45 Backstroke 15m under	EN1	
	{3 x 100 on 1:35 Backstroke	EN1	
	{2 x 25 on :40 Backstroke 15m under	EN1	
	{3 x 100 on 1:30 Backstroke	EN1	
	{2 x 25 on :35 Backstroke 15m under	EN1	
	{3 x 100 on 1:25 Backstroke	EN1	
	{2 x 25 on :30 Backstroke 15m under	EN1	
	{3 x 100 on 1:20 Backstroke	EN2	
	{2 x 25 on :25 Backstroke 15m under	EN1	
	•	EN2	
	{2 x 25 on :20 Backstroke 15m under	EN2	
1,500	•	EN1	
_, 000	breathe 3-9-3-9		
400	16 x 25 on :40 Stroke Drills	REC	
400	10 A 25 OH . 10 BELOKE DITTIS	ا ساء	

8:26 PM 6,150 Yards - Stress Value = 76

Workout #1642 - Wednesday, 12 December 2001 HighSchl - Breast 1 minute rest between sets

Workout #1641 - Wednesday, 12 December 2001 HighSchl - All 1 minute rest between sets

Yards		PM S		-	n			EGY	WOF
=====	==							===	===
	1	on 30	00:0	Dry	land a	nd sti	retch		
800	1	x 800	on (15:0	00 Swir	n-kicl	k-pull-swim	REC	
180	12	2 x 15	5 on	:30	Shoote	ers	_	SP3	
1,050	1x{2	x 200	on on	4:00) Kick			EN2	
•	{2	x 175	on.	3:30) Kick			EN2	
) Kick			EN2	
1,400	•					with	paddles	EN1	
•							paddles	EN1	
							-	EN1	
	-						paddles	EN1	
							paddles	EN1	
	-						paddles	EN1	
							paddles	EN1	
300	-) Free:		1	EN1	
							25 free	EN1	
•								EN1	
	-						25 free	EN2	
400	. 8	x 50	on :	1:00	Stroke	e Dril	lls	REC	
							Value = 62		
		- '							

	3:00	PM Start			
Yards	Se	et Description	EGY	WORK	S
=====	==		===	====	=
	1	on 30:00 Stomach and Stretch		L	Γ
600	1	x 600 on 15:00 Reverse IM drill	REC	D	
180	12	2 x 15 on :30 Shooters	SP3	S	
800	8	x 100 on 2:45 Kick odds fast	EN2	K	C
	1x{2	x 150 on 3:30 Pulls	EN1	P	
	{ 2	x 150 on 3:15 Pulls	EN1	P	
	{ 2	x 150 on 3:00 Pulls	EN1		
200	8	x 25 on :45 IM order	EN1	S	
	1x{6	x 50 on 1:30 Backstroke	EN1	S	
	{ 6	x 50 on 1:25 Backstroke	EN1	S	
	{ 6	x 50 on 1:20 Backstroke	EN1	S	
	{ 6	x 50 on 1:15 Backstroke	EN1	S	
	{ 6	x 50 on 1:10 Backstroke2	EN1	S	
200	1	x 200 on 5:00 Stroke Drills	REC	D	
	5:30	PM 4,380 Yards - Stress Value =	49		

Workout #1644 - Wednesday, 12 December 2001

HighSchl - Sprint
1 minute rest between sets

Workout #1645 - Wednesday, 12 December 2001 HighSchl - Distance

				Ialus	set	t Description
	3:00 PM Start			=====	1 (======================================
Yards	Set Description	EGY	WORK	£ 975	13	x 75 on 1:20 50
=====	=======================================	===	====	= 200	10	x 20 on 1:00 Rur
	1 on 30:00 Dryland and stretch		L	I 900	1x{8:	x 25 on :40 Sprir
1,000	10 x 100 on 1:45 Stroke Drills	REC	D		-	x 25 on :35 Sprir
300	12 x 25 on :30 Berzerks	SP3	S		•	x 25 on :30 Sprir
500	1x{2 x 125 on 2:30 Kick	EN2	K	C	-	x 50 on 1:00 Kick
	{2 x 125 on 2:25 Kick	EN2	K	C	,	x 50 on :55 Kick
2,400	1x{2 x 600 on 9:00 Pulls	EN1	P		•	x 50 on :50 Kick
•	{2 x 600 on 8:30 Pulls	EN1	P	1 200	•	x 75 on 1:10 Pull
450	3 x 150 on 2:15 Freestyle-descend	EN1	S	1,200		x 75 on 1:10 Full x 75 on 1:10 Pull
	1x{3 x 200 on 2:50 Freestyle	EN1	S		-	
2,000		EN1	S		,	x 75 on 1:10 Pull
	•	EN2	S	400	•	x 75 on 1:10 Pull
	{2 x 200 on 2:40 Freestyle		S			x 400 on 6:00 Eve
EOO	•			1,800	•	x 50 on :45 Frees
500	10 x 50 on 1:00 Stroke Drills		D		{6 2	x 50 on :40 Frees
	5:30 PM 7,150 Yards - Stress Value =	18			{4 2	x 50 on :35 Frees
				250	1 :	x 250 on 5:00 Str

	Yards	3:00 PM Start Set Description	EGY	WORF
	=====	=======================================	===	====
		1 on 30:00 Stomach and Stretch		I
č	975	13 x 75 on 1:20 50 drill 25 fast	REC	Γ
=	200	10 x 20 on 1:00 Run/dives in well	SP3	٤
Ι	900	$1x\{8 \times 25 \text{ on : 40 Sprint kick}$	EN2	F
		{6 x 25 on :35 Sprint kick	EN2	F
		{4 x 25 on :30 Sprint kick	EN2	F
C		{4 x 50 on 1:00 Kick	EN2	F
C		{3 x 50 on :55 Kick	EN2	F
		{2 x 50 on :50 Kick	EN2	F
	1,200	$1x{4 \times 75}$ on 1:10 Pulls no br L.10 yds	EN1	E
		{4 x 75 on 1:10 Pulls no br L.15 yds	EN1	E
		{4 x 75 on 1:10 Pulls no br L.20 yds	EN1	E
		{4 x 75 on 1:10 Pulls no br L.25 yds	EN1	E
	400	1 x 400 on 6:00 Every 3rd 25 100%	EN1	٤
	1,800	2x{8 x 50 on :45 Freestyle	EN1	٤
	•		EN2	٤
		{4 x 50 on :35 Freestyle	EN2	٤
	250		REC	Γ
		1 on 10:00 Techniques-starts		Γ
		5:29 PM 5,725 Yards - Stress Value = 70)	

Workout #1643 - Wednesday, 12 December 2001 HighSchl - Fly & Back 1 minute rest between sets

Yards	3:00 PM Start Set Description	EGY WOF
=====	=======================================	=== ===
	1 on 30:00 Dryland and stretch	
800	16 x 50 on 1:00 odds back evens fly	REC
180	12 x 15 on :30 Shooters	SP3
1,200	1x{3 x 100 on 1:45 Kick with flippers	EN2
	{3 x 100 on 1:40 Kick with flippers	EN2
	{3 x 100 on 1:35 Kick with flippers	EN2
	{3 x 100 on 1:30 Kick with flippers	EN2
1,200	1x{4 x 75 on 1:10 Pulls no br L.10 yds	EN1
	{4 x 75 on 1:10 Pulls no br L.15 yds	EN1
	{4 x 75 on 1:10 Pulls no br L.20 yds	EN1
	{4 x 75 on 1:10 Pulls no br L.25 yds	EN1
400	1 x 400 on 7:00 Reverse IM drill	REC
2,300	4x{3 x 150 on 2:30 50 free 100strk 50fr	EN1
•	{5 x 25 on :30 odds stroke evens fr	EN1
300	•	REC
	5:30 PM 6,380 Yards - Stress Value = 66	

Workout #1648 - Thursday, 13 December 2001 Group 3 - All

1 minute rest between sets

	5:00 PM Start		
Yards	Set Description	EGY WOF	
=====	=======================================	=== ===	
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
	1 on 10:00 Techniques-starts		
300	12 x 25 on :30 Berzerks	SP3	
	1x{3 x 150 on 2:15 Kick with flippers	EN2	
	{3 x 125 on 1:50 Kick with flippers	EN2	
	{3 x 100 on 1:25 Kick with flippers	EN2	
	${3 \times 75 \text{ on } 1:00 \text{ Kick with flippers}}$	EN2	
1,600	4 x 400 on 5:00 Pulls-nbbf&w	EN1	
	1x{3 x 50 on :50 Freestyle-descend	EN1	
	{3 x 50 on :45 Freestyle-descend	EN1	
	{3 x 50 on :40 Freestyle-descend	EN2	
	$2x{3 x 100 on 1:30 Butterfly w/ zoomers}$	EN1	
	${3 \times 75 \text{ on } 1:05 \text{ Butterfly w/ zoomers}}$	EN1	
	${3 \times 50 \text{ on :} 45 \text{ Butterfly w/ zoomers}}$	EN1	
	${3 \times 25 \text{ on :} 30 \text{ Butterfly w/ zoomers}}$	EN1	
	{1 on :40 Rest		
100	1 x 100 on 2:00 Freestyle	REC	
200	1 x 200 on $4:00$ Butterfly for time	SP1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	7:30 PM 6,500 Yards - Stress Value = 93		

Workout #1646 - Thursday, 13 December 2001 HighSchl - All

1 minute rest between sets

	5:30 AM Start			
Yards	Set Description	EGY	WORK	Ş
=====	=======================================	===	====	=
	1 on 25:00 Weights		L	Ι
1,000	1 x 1000 on 16:00 Stroke Drills	REC	D	(
300	12 x 25 on :30 Berzerks	SP3	S	
	1x{2 x 125 on 2:00 Pulls	EN1	P	
	{2 x 125 on 1:55 Pulls	EN1	P	
	{2 x 125 on 1:50 Pulls	EN1	P	
	{2 x 125 on 1:45 Pulls	EN1	P	
	{2 x 125 on 1:40 Pulls	EN1	P	
	$1x{3 \times 100}$ on 1:45 Individual Medley	EN1	S	
	${3 \times 50 \text{ on :} 45 \text{ Freestyle}}$	EN1	S	
	{2 x 100 on 1:40 Individual Medley	EN1	S	
	$\{4 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	S	
	{1 x 100 on 1:35 Individual Medley	EN1	S	
	$\{5 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	7:04 AM 4,000 Yards - Stress Value =	34		

Workout #1647 - Thursday, 13 December 2001 HighSchl - All

1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WOE
	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{2 x 100 on 2:05 Kick	EN2	
	{2 x 100 on 2:00 Kick	EN2	
	{2 x 100 on 1:55 Kick	EN2	
	{2 x 100 on 1:50 Kick	EN2	
	{2 x 100 on 1:45 Kick	EN2	
	{ odds fast		
	1x{3 x 150 on 2:15 Pulls mid 50 br ev 7	EN1	
	{3 x 150 on 2:15 Pulls mid 50 br ev 8	EN1	
	{3 x 150 on 2:15 Pulls mid 50 br ev 9	EN1	
300	12 x 25 on :30 IM order-build	EN1	

	1x{1	x 200 on 3:00 Freestyle	EN1
	{ 1	x 200 on 3:30 Butterfly	EN1
	{ 1	x 200 on 3:00 Freestyle	EN1
	{ 1	x 200 on 3:15 Backstroke	EN1
	{ 1	x 200 on 4:00 Breaststroke	EN1
	{ 1	x 200 on 3:00 Freestyle	EN1
	{ 1	x 200 on 3:45 Individual Medley	EN1
	{ 1	x 200 on 3:00 Freestyle	EN1
	1x{4	x 25 on :30 Freestyle	EN1
	{ 4	x 25 on :25 Freestyle	EN1
	{ 4	x 25 on :20 Freestyle	EN2
	{ 4	x 25 on :15 Freestyle	EN2
500	5	x 100 on 2:00 Stroke Drills	REC
	5:29	PM 6.130 Yards - Stress Value = 64	

Workout #1651 - Friday, 14 December 2001 Group 3 - All

1 minute rest between sets

	6:00 PM Start			
Yards	Set Description	EGY	WORK	Sī
=====		===	====	==
	1 on 30:00 Stomach and Stretch		L	DF
800	4 x 200 on 4:00 Swim-kick-pull-swim	REC	S	F
180	12 x 15 on :30 Shooters	SP3	S	F
	1 on 10:00 Techniques-Tn turn		D	F
600	6 x 100 on 2:00 Kick	EN2	K	CF
	1 on 10:00 Techniques-finishes		D	I
600	6 x 100 on 1:30 Lungbuster pulls	EN1	P	F
	1 on 10:00 Techniques-starts		D	
240	8 x 30 on 1:00 Freestyle-OTB	SP3	S	F
250	1 x 250 on 5:00 Stroke Drills	REC	D	C
	8:01 PM 2,670 Yards - Stress Value =	= 35		

Workout #1650 - Friday, 14 December 2001 HighSchl - Distance 1 minute rest between sets

Yards	3:00 PM Start Set Description	EGY	WORK	STK
		===	====	===
	1 on 30:00 Dryland and stretch		L	DRY
600	1 x 600 on 15:00 Sculling drills	REC	D	CMB
800	1 x 800 on 16:00 Vertical Kicking	EN2	K	CMB
	1 on 10:00 Explanation of game		D	
300	12 x 25 on 1:00 Freestyle		S	
500	1 x 500 on 25:00 Rabbit game	SP3	S	FR
200	1 x 200 on 4:00 Stroke Drills	REC	D	CD
	4:56 PM 2,400 Yards - Stress Value	= 3	36	

Workout #1649 - Friday, 14 December 2001 HighSchl - All

!	5:30 AM Start	5		
Yards	Set Descrip	otion	EGY	WORK S
=====	========		===	==== =
600	1 x 600 on	12:00 Reverse IM drill	REC	D
180	12 x 15 on	:30 Shooters	SP3	s c
	1x{2 x 500 on	7:30 Pulls	EN1	P
	{2 x 400 on	6:00 Freestyle	EN1	P
	{2 x 300 on	4:30 Pulls	EN1	P
	{2 x 200 on	3:00 Freestyle	EN1	S
	{2 x 100 on	1:30 Pulls	EN1	P
:	$1x{12 x 25 on}$:30 Butterfly	EN1	S
	{12 x 25 on	:30 Backstroke	EN1	S
	{12 x 25 on	:30 Breaststroke	EN1	S
	{12 x 25 on	:30 Freestyle	EN1	S
200	1 x 200 on	3:00 Stroke Drills	REC	D
	7:04 AM 5,180	Yards - Stress Value =	49	

3:00 PM Start

Workout #1652 - Saturday, 15 December 2001 HighSchl - All

1 minute rest between sets

	7:00 AM Start		
Yards	Set Description	EGY	WOF
=====		===	===
	1 on 40:00 Weights and stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 Berzerks	SP3	
	1x{3 x 50 on 1:05 Kick	EN2	
	{3 x 50 on 1:00 Kick	EN2	
	{3 x 50 on :55 Kick	EN2	
	{3 x 50 on :50 Kick	EN2	
600	8 x 75 on 1:10 Pulls br 3-5-7	EN1	
300	1 x 300 on 4:30 Free build each 50	EN1	
600	6 x 100 on 6:00 Super Six!!!!!!	SP1	
1,000	10 x 100 on 1:45 Stroke Drills	REC	
	9:28 AM 4,200 Yards - Stress Value = 81		

Workout #1656 - Monday, 17 December 2001 HighSchl - Breast 1 minute rest between sets

	J.00 III	beare		
Yards	Set	Description	EGY	WC
=====	====		===	==
	1 or	30:00 Dryland and stretch		
800	1 x	800 on 15:00 Swim-kick-drll-swim	REC	
300	12 >	25 on :30 Berzerks	SP3	
1,200	1x{3 x	200 on 4:00 Kick	EN2	
	{2 x	200 on 3:50 Kick	EN2	
	{1 x	200 on 3:40 Kick	EN2	
900	1x{4 x	75 on 1:40 Pulls	EN1	
	{4 x	75 on 1:35 Pulls	EN1	
	{4 x	75 on 1:30 Pulls	EN1	
1,850	1x{3 x	150 on 2:45 50 fly 100 breast	EN1	
	{3 x	150 on 2:45 50 back 100 breast	EN1	
	{3 x	150 on 2:45 50 free 100 breast	EN1	
	{4 x	125 on 2:00 IM w/ 50 breast	EN1	
500	10x{1 x	25 on :30 Breaststroke	EN1	
	{1 x	25 on :30 #2 stroke	EN1	
300	1 x	300 on 4:30 Stroke Drills	REC	
	5:28 PM	5,850 Yards - Stress Value = 66		

Workout #1655 - Monday, 17 December 2001 HighSchl - Fly & Back 1 minute rest between sets

Yards	3:00 PM Set	Start Description	EGY	WC
=====	1 or	30:00 Dryland and stretch	===	==
800	1 x	800 on 15:00 Swim-kick-pull-swim	REC	
300	12 >	z 25 on :30 Berzerks	SP3	
1,350	1x{4 x	150 on 2:30 Kick with flippers	EN2	
	{3 x	150 on 2:25 Kick with flippers	EN2	
	{2 x	150 on 2:20 Kick with flippers	EN2	
1,350	1x{6 x	75 on 1:10 Pulls	EN1	
	{6 x	75 on 1:05 Pulls	EN1	
	{6 x	75 on 1:00 Pulls	EN1	
2,000	1x{5 x	100 on 1:45 Individual Medley	EN1	
	{5 x	100 on 1:40 Individual Medley	EN1	
	{5 x	100 on 1:35 Individual Medley	EN1	
	{5 x	100 on 1:30 Individual Medley	EN1	
500	10x{1 x	25 on :30 Your Stroke	EN1	
	{1 x	25 on :30 #2 stroke	EN1	
300	1 x	300 on 4:30 Stroke Drills	REC	
	5:27 PM	6,600 Yards - Stress Value = 75		

1 minute rest between sets

	5:30	ΑN	1 St	cart	t			
Yards	Se	et	Des	crip	ption		EGY	WOF
======							===	===
600						Swim-kick-drll-swim	REC	
					for ki			
						Pulls	EN1	
	{ 6	Х	125	on	1:50	Pulls	EN1	
	1x{1	Х	300	on	4:30	Freestyle	EN1	
	{ 1	Х	300	on	4:25	Freestyle	EN1	
	{ 1	Х	300	on	4:20	Freestyle	EN1	
	{ 1	Х	300	on	4:15	Freestyle	EN1	
	{ 1	Х	300	on	4:10	Freestyle	EN1	
	{ 1	Х	200	on	3:00	Freestyle	EN1	
	{ 1	Х	200	on	2:55	Freestyle	EN1	
	{ 1	Х	200	on	2:50	Freestyle	EN1	
	{ 1	Х	200	on	2:45	Freestyle	EN1	
	{ 1	Х	200	on	2:40	Freestyle	EN1	
	{ 1	Х	100	on	1:30	Freestyle	EN1	
	{ 1	Х	100	on	1:25	Freestyle	EN1	
	{ 1	Х	100	on	1:20	Freestyle	EN1	
	{1	Х	100	on	1:15	Freestyle	EN2	
	{ 1	Х	100	on	1:10	Freestyle	EN2	
500	10) >	s 50	on	1:00	Stroke Drills	REC	
	7:00	ΑN	15,6	600	Yards	s - Stress Value = 48		

Workout #1657 - Monday, 17 December 2001 HighSchl - All 1 minute rest between sets

	6:00	PM Start			
Yards	Se	t Description	EGY	WORK	STF
=====	==		===	====	===
	1	on 30:00 Stomach and Stretch		L	DRY
800	8	x 100 on 2:00 Stroke Drills	REC	D	CHC
600	3x{1	x 50 on :50 Free 1st 12y fast	SP3	S	FF
	{ 1	x 50 on :50 Free 2nd 12y fast	REC	S	FF
	{ 1	x 50 on :50 Free 3rd 12y fast	REC	S	FF
	{ 1	x 50 on :50 Free 4th 12y fast	REC	S	FF
2,500	1x{1	x 500 on 6:30 Freestyle	EN2	S	FF
	{ 1	x 500 on 6:15 Freestyle	EN2	S	FF
	{ 1	x 500 on 6:00 Freestyle	EN2	S	FF
	{ 1	x 500 on 5:45 Freestyle	EN2	S	FF
	{ 1	x 500 on 5:30 Freestyle	EN2	S	FF
1,250	1x{5	x 50 on 1:00 Pulls-nbbf&w	EN1	P	FF
	{ 5	x 50 on :55 Pulls-nbbf&w	EN1	P	FF
	{ 5	x 50 on :50 Pulls-nbbf&w	EN1	P	FF
	{ 5	x 50 on :45 Pulls-nbbf&w	EN1	P	FF
	{ 5	x 50 on :40 Pulls-nbbf&w	EN1	P	FF
1,200	12	x 100 on 2:00 Kick odds fast	EN2	K	CHC
400	1x{4	x 25 on :30 Freestyle	EN1	S	FF
	{ 4	x 25 on :25 Freestyle	EN1	S	FF
	{ 4	x 25 on :20 Freestyle	EN2	S	FF
	{ 4	x 25 on :15 Freestyle	EN2	S	FF
300	1	x 300 on 6:00 Stroke Drills	REC	S	CI
	8:29	PM 7.050 Yards - Stress Value	= 96	5	

Workout #1654 - Monday, 17 December 2001 HighSchl - Rookies 1 minute rest between sets

Workout #1659 - Tuesday, 18 December 2001 HighSchl - Boys 1 minute rest between sets

	3:00 PM Start			1 influte Test between sets	
Yards		EGY WOF		6:00 PM Start	
		=== ===	Yards		GY WOF
	1 on 30:00 Stomach and Stretch		======	-	
600	1 x 600 on 16:00 Swim-kick-pull-swim	REC		1 on 30:00 Dryland and stretch	
180	12 x 15 on :30 Shooters	SP3	800	<u> -</u>	REC
900	3x{1 x 150 on 4:30 Kick	EN2	300	<u> -</u>	3P3
	{1 x 100 on 3:00 Kick	EN2	000		N2
	{1 x 50 on 1:30 Kick	EN2			N2
900	1x{6 x 75 on 1:50 Pulls no br L.10 yds	EN1		•	N2
	$\{6 \times 75 \text{ on } 1:40 \text{ Pulls no br L.15 yds}$	EN1			IN2
300	12×25 on :45 IM order-build	EN1		·	IN2
1,000	$1x\{2 \times 200 \text{ on } 4:30 \text{ Freestyle}$	EN1		·	IN1
	$\{2 \times 150 \text{ on } 3:15 \text{ Freestyle} \}$	EN1		(6 x 75 on 1:05 Pulls	IN1
	{2 x 100 on 2:05 Freestyle	EN1		{6 x 75 on 1:00 Pulls	IN1
	$\{2 \times 50 \text{ on } 1:00 \text{ Freestyle} \}$	EN1		1x{5 x 100 on 1:45 Freestyle-descend E	N1
400	8 x 50 on 1:30 Stroke Drills	REC		{5 x 100 on 1:40 Freestyle-descend E	N1
	5:29 PM 4,280 Yards - Stress Value = 46			{5 x 100 on 1:35 Freestyle-descend E	N1
				{5 x 100 on 1:30 Freestyle-descend	IN1
	Workout #1660 - Tuesday, 18 December 2001			$8x\{1 \times 25 \text{ on } : 30 \text{ Freestyle}$	IN1
	Group 3 - All			{1 x 25 on :30 #2 stroke	CN1
	<u>-</u>		300	1 x 300 on 4:30 Stroke Drills F	REC
	1 minute rest between sets			8:29 PM 6,400 Yards - Stress Value = 73	
	6:00 PM Start			W. 1	
Yards	Set Description	EGY WOF		Workout #1661 - Wednesday, 19 December 2001	

Yards	Set Description	EGY	WOE
	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 15:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	4x{1 x 125 on 2:30 Kick	EN2	
	{1 x 100 on 1:55 Kick	EN2	
	{1 x 75 on 1:20 Kick	EN2	
	{1 x 50 on :50 Kick	EN2	
	1x{2 x 300 on 4:00 Pulls	EN1	
	{2 x 300 on 3:55 Pulls	EN1	
	{2 x 300 on 3:50 Pulls	EN1	
300	12×25 on :30 IM order-build	EN1	
	$1x\{6 \times 50 \text{ on } 1:00 \text{ Backstroke}$	EN2	
	{1 x 100 on 2:00 Backstroke 100%	EN3	
	{6 x 50 on :55 Backstroke	EN2	
	{1 x 100 on 2:00 Backstroke 100%	EN3	
	{6 x 50 on :50 Backstroke	EN2	
	{1 x 100 on 2:00 Backstroke 100%	EN3	
	{6 x 50 on :45 Backstroke	EN2	
	{1 x 100 on 2:00 Backstroke 100%	EN3	
350	7 x 50 on 1:00 Stroke Drills	REC	
	8:30 PM 6,430 Yards - Stress Value = 104	ł	

Workout #1658 - Tuesday, 18 December 2001 HighSchl - All 1 minute rest between sets

	5:30 AM Start		
Yards	Set Description	EGY	WORK S
	=======================================	===	
	1 on 25:00 Weights		LΙ
400	1 x 400 on 7:00 Reverse IM drill	REC	D
300	12 x 25 on :30 Berzerks	SP3	SE
	$1x{2 x 200 on 3:00 Pulls}$	EN1	P
	{2 x 200 on 2:55 Pulls	EN1	P
	{2 x 200 on 2:50 Pulls	EN1	P
	$1x{2 \times 300 \text{ on } 4:30 \text{ Individual Medley}}$	EN1	S
	$\{6 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	S
	{2 x 200 on 3:00 Individual Medley	EN1	S
	$\{6 \times 50 \text{ on } : 40 \text{ Freestyle} \}$	EN1	S
	{2 x 100 on 1:30 Individual Medley	EN1	S
300	1 x 300 on 5:00 Stroke Drills	REC	D
	7:02 AM 4,000 Yards - Stress Value =	42	

HighSchl - Boys 1 minute rest between sets

1 infinite Test between sets										
Yards	5:00 Se				t ptic	on	EGY	WORK	STK	
	1		25	• 0 0	Ta7.0 -				DRY	-
400						ights)O Choice	REC		CHO	
300) Berzerks	SP3		FLY	
	1x{2	Х	125	on	2:0	00 Pulls	EN1	P	FR	
	{ 2	X	150	on	2:1	l5 Pulls	EN1	P	FR	
	{ 2	Х	200	on	2:5	50 Pulls	EN1	P	FR	
	{ 2	Х	250	on	3:3	30 Pulls	EN1	P	FR	
	1x{6	Х	50	on	:50	Freestyle	EN1	S	FR	
	{ 6	Х	50	on	:45	Freestyle	EN1	S	FR	
	{ 6	Х	50	on	:40	Freestyle	EN1	S	FR	
	{ 6	Х	25	on	:30	Freestyle	EN1	S	FR	
	{ 6	Х	25	on	:25	Freestyle	EN1	S	FR	
	{ 6	Х	25	on	:20	Freestyle	EN1	S	FR	
400	1	Х	400	on	6:0	00 Stroke Drills	REC	D	CD	
	6:30	AM	13,	900	Yaı	ds - Stress Valu	ie =	41		

Workout #1662 - Wednesday, 19 December 2001 HighSchl - Boys

1	minuto	most	between	coto
1	minute	rest	petween	sets

	5:00 AM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
500	1 x 500 on 7:30 Stroke Drills	REC	Ι
300	12 x 25 on :30 Berzerks	SP3	٤
	$1x{5 x 50 on :45 Pulls}$	EN1	E
	$\{4 \times 75 \text{ on } 1:05 \text{ Pulls}$	EN1	E
	{3 x 100 on 1:30 Pulls	EN1	E
	{2 x 125 on 1:50 Pulls	EN1	E
	{1 x 150 on 2:15 Pulls	EN1	E
	1x{1 x 100 on 1:45 Individual Medley	EN1	٤
	{1 x 100 on 1:40 Individual Medley	EN1	٤
	{1 x 100 on 1:35 Individual Medley	EN1	٤
	{1 x 100 on 1:30 Individual Medley	EN1	٤
	2x{1 x 100 on 1:10 Freestyle	EN2	٤
	{2 x 50 on :45 Freestyle	EN1	٤
	{1 x 200 on 2:20 Freestyle	EN2	٤
	$\{4 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	٤
	{1 x 300 on 3:30 Freestyle	EN2	٤
	{6 x 50 on :45 Freestyle	EN1	٤
500	20 x 25 on :30 Odds free evens strk	EN1	٤
200	1 x 200 on 3:00 Stroke Drills	REC	Ι
	6:31 AM 5,550 Yards - Stress Value = 69	9	

Workout #1664 - Thursday, 20 December 2001 HighSchl - Distance 1 minute rest between sets

Yards	6:00 P				otion		EGY	V
	==	==		-==			===	=
	1	on	30:	00	Dryla	and and stretch		
1,000	1	Х	1000	or or	n 18:0	00 Swim-kick-pull-swim	REC	
300	12	Х	25	on	:30 I	Berzerks	SP3	
500	1x{2	Х	100	on	2:00	Kick	EN2	
	{ 2	Х	100	on	1:50	Kick	EN2	
	{ 1	Х	100	on	1:40	Kick	EN2	
1,500	1x{4	Х	150	on	2:10	Pulls	EN1	
	{3	Х	150	on	2:00	Pulls	EN1	
	{2	X	150	on	1:50	Pulls	EN1	
	{ 1	X	150	on	1:40	Pulls	EN1	
2,000	1x{1	X	500	on	7:00	Freestyle	EN1	
	{2	X	250	on	3:30	Freestyle	EN1	
	{ 5	X	100	on	1:25	Freestyle	EN1	
	{10	X	50	on	:45 I	Freestyle	EN1	
500	10x{1	X	25 c	n :	:30 F:	reestyle	EN1	
	{1	X	25 c	n :	:30 #2	2 stroke	EN1	
400	4	Х	100	on	1:30	Freestyle-descend to	EN2	

Workout #1663 - Thursday, 20 December 2001 HighSchl - Boys

5 x 100 on 2:00 Stroke Drills

8:26 PM 6,700 Yards - Stress Value = 69

REC

ludicrous speed

6:00 PM Start

500

1 minute rest between sets

Yards	Set	Description	EGY	WORK	STK
=====	===		===	====	=== =
400	1 x	400 on 8:00 Choice	REC	S	CHO
300	12	x 25 on :30 Berzerks	SP3	S	FR
	1x{5 x	50 on 1:00 Pulls-nbbf&w	EN1	P	FR
	{5 x	50 on :55 Pulls-nbbf&w	EN1	P	FR
	{5 x	50 on :50 Pulls-nbbf&w	EN1	P	FR
	{5 x	50 on :45 Pulls-nbbf&w	EN1	P	FR
	1x{1 x	200 on 3:00 Freestyle	EN1	S	FR
	{2 x	100 on 1:25 Freestyle	EN1	S	FR
	{4 x	50 on :40 Freestyle	EN1	S	FR
	{1 x	300 on 4:30 Freestyle	EN1	S	FR

	{ 3	x 100 on 1:25 Freestyle	EN1	S	FR
	{ 6	x 50 on :40 Freestyle	EN1	S	FR
	{ 1	x 400 on 6:00 Freestyle	EN1	S	FR
	{ 4	x 100 on 1:25 Freestyle	EN1	S	FR
	8 }	x 50 on :40 Freestyle	EN1	S	FR
250	1	x 250 on 5:00 Stroke Drills	REC	D	CD
	7:20	PM 4,650 Yards - Stress Value	ae = 47		

Workout #1665 - Friday, 21 December 2001 HighSchl - Boys

1 minute rest between sets

	3:00 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 15:00 Stretch		
400	1 x 400 on 10:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1x{4 x 50 on 1:40 Kick	EN2	
	{4 x 50 on 1:30 Kick	EN2	
	{4 x 50 on 1:20 Kick	EN2	
	2x{1 x 200 on 5:00 Pulls	EN1	
	{1 x 150 on 3:30 Pulls	EN1	
	{1 x 100 on 2:10 Pulls	EN1	
200	8 x 25 on :45 Freestyle	EN1	
	$1x{4 x 100 on 2:15 Freestyle}$	EN2	
	{3 x 100 on 2:10 Freestyle	EN2	
	{2 x 100 on 2:05 Freestyle	EN2	
	{1 x 100 on 2:00 Freestyle	EN2	
	1 on 15:00 Run the guantlet		
	4:58 PM 3,280 Yards - Stress Value = 50		

Workout #1666 - Friday, 21 December 2001 HighSchl - Boys

	6:00 PM Start		
Yards	Set Description	EGY	WORK
	=======================================	===	
	1 on 30:00 Stomach and Stretch		L
800	8 x 100 on 2:00 Stroke Drills	REC	D
180	12 x 15 on :30 Shooters	SP3	S
	$1x{3 \times 75 \text{ on } 1:35 \text{ Kick}}$	EN2	K
	{3 x 75 on 1:30 Kick	EN2	K
	{3 x 75 on 1:25 Kick	EN2	K
	{3 x 75 on 1:20 Kick	EN2	K
1,200	12 x 100 on 1:25 Lungbuster pulls	EN1	P
	odds br 3-5-7-9		
	evens br 2-4-6-8		
	2x{1 x 200 on 3:20 Backstroke	EN1	S
	{4 x 50 on 1:05 Backstroke-descend	EN1	S
	{1 x 150 on 2:30 Backstroke	EN1	S
	{4 x 50 on 1:00 Backstroke-descend	EN1	S
	{1 x 100 on 1:40 Backstroke	EN1	S
	{4 x 50 on :50 Backstroke-descend	EN1	S
	$10x\{1 \times 25 \text{ on } : 30 \text{ Freestyle}$	EN1	S
	$\{1 \times 25 \text{ on } : 20 \text{ Freestyle} \}$	EN2	S
450	9 x 50 on 1:00 Stroke Drills	REC	D
	8:30 PM 6,130 Yards - Stress Value = 6	63	

EGY WOF

EN2

EN2

EN2 EN2

EN2

EN2

REC

Workout #1667 - Wednesday, 26 December 2001		Yards	Set Description	EGY	WORK	٤
### HighSchl - All ### 1 minute rest between sets 7:00 AM Start Yards Set Description 1 on 30:00 Stomach and Stretch 800 1 x 800 on 15:00 Swim-kick-pull-swim 180 12 x 15 on :30 Shooters 4x{1 x 100 on 2:00 Kick {2 x 50 on 1:15 Kick w/out a board 2x{1 x 50 on :45 Pulls {1 x 100 on 2:15 Pulls {1 x 200 on 3:00 Pulls }	EGY WOF === === REC SP3 EN1 EN1 EN1 EN1 EN1	800 300 1,000 2,400 300 2,000	1 on 40:00 Weights and stretch 1 x 800 on 15:00 Reverse IM drill 12 x 25 on :30 Berzerks 2x{1 x 100 on 2:00 Kick {1 x 100 on 1:55 Kick {1 x 100 on 1:50 Kick {1 x 100 on 1:45 Kick {1 x 100 on 1:40 Kick {1 x 400 on 5:30 Pulls {2 x 400 on 5:15 Pulls {1 x 400 on 5:00 Pulls	REC SP3 EN2 EN2 EN2 EN1 EN1 EN1 EN1 EN2 REC	EEEE L D S K K K K K K K K F P P S S S	E F C C C C C
<pre>1 on 10:00 Techniques-relay str 4x{1 x 100 on 1:45 Individual Medley {4 x 25 on :30 Stroke {1 x 100 on 1:45 Stroke Drills 9:00 AM 3,980 Yards - Stress Value = 33</pre>	EN1 EN1 REC		Workout #1674 - Thursday, 27 December 2001 HighSchl - All 1 minute rest between sets			

Yards

600

180

500

=====

2:00 PM Start

Set Description

Workout #1668 - Wednesday, 26 December 2001 HighSchl - All

1 minute rest between sets

	11:30 AM Start			
Yards	Set Description	EGY	WORK	٤
=====	=======================================	===	====	=
	1 on 15:00 Stretch		L	
600	1 x 600 on 12:00 Choice	REC	S	C
300	12 x 25 on :40 Berzerks	SP3	S	C
	1x{1 x 300 on 6:00 Kick	EN1	K	C
	{1 x 300 on 4:30 Pulls	EN1	P	
	{1 x 300 on 5:00 Individual Medley	EN1	S	
75	3×25 on 1:30 Off the blocks	EN1	S	C
300	1 x 300 on 5:00 Stroke Drills	REC	D	
	1 on 9:00 Techniques-Choice		D	C
	12:44 PM 2,175 Yards - Stress Value =	= 22		

Workout #1671 - Thursday, 27 December 2001 Group 3 - All

1 minute rest between sets

Workout #1670 - Thursday, 27 December 2001 HighSchl - Boys 1 minute rest between sets

4:00 PM 5,630 Yards - Stress Value = 74

1 x 600 on 11:00 Swim-kick-pull-swim REC

1x{6 x 75 on 1:10 Pulls no br L.5 yds EN1 {6 x 75 on 1:05 Pulls no br L.10 yds EN1 {6 x 75 on 1:00 Pulls no br L.15 yds EN1

1 on 30:00 Stomach and Stretch

12 x 15 on :30 Shooters

 $1x\{2 \times 200 \text{ on } 2:45 \text{ Freestyle}$ {5 x 50 on :35 Freestyle

 $\{4 \times 75 \text{ on } :55 \text{ Freestyle} \}$

{3 x 175 on 2:20 Freestyle

 $\{4 \times 150 \text{ on } 1:55 \text{ Freestyle}$ $\{3 \times 100 \text{ on } 1:15 \text{ Freestyle} \}$

 $\{5 \times 125 \text{ on } 1:35 \text{ Freestyle} \}$

10 x 50 on 1:00 Stroke Drills

Yards	11:00 AM Set De			EGY	WORK S	Ialus	1 - 1	GY '	WOF
1,500	1 x 80 12 x 1 2x{1 x 10 {1 x 10 {1 x 10 {1 x 10 {1 x 20 {2 x 25 {2 x 25 {2 x 15 1x{2 x 10 {2 x 10 {	00 on 25 on 00 on 00 on 00 on 50 on 50 on 00 on	Stomach and Stretch 15:00 Stroke Drills :30 Berzerks 2:00 Kick 1:55 Kick 1:50 Kick 1:40 Kick 5:15 Pulls 3:30 Pulls 2:00 Pulls 1:45 Individual Medley 1:40 Individual Medley 1:20 Freestyle 1:15 Freestyle	EN1	==== = =	600	1 on 30:00 Stomach and Stretch 1 x 600 on 15:00 Swim-kick-pull-swim R 12 x 15 on :30 Shooters 3x{1 x 100 on 3:00 Kick {1 x 75 on 2:15 Kick {1 x 50 on 1:30 Kick {1 x 25 on :45 Kick } 1x{4 x 50 on 1:30 Pulls-nbbf&w {3 x 50 on 1:25 Pulls-nbbf&w {2 x 50 on 1:20 Pulls-nbbf&w {1 x 50 on 1:15 Pulls-nbbf&w {1 x 50 on 2:30 Freestyle {4 x 75 on 2:35 Freestyle {3 x 75 on 2:40 Freestyle }	ECC P3 N2 N2 N2 N2 N1	===
400	8 x 10	00 on 0 on 1	-	EN2 REC 101	S D	300	{1 x 75 on 2:50 Freestyle E	N3 N3 EC	

Workout #1669 - Thursday, 27 December 2001 HighSchl - All 1 minute rest between sets

Workout #1672 - Thursday, 27 December 2001 HighSchl - Boys

1 minute rest between sets

	1:00 PM Start		
Yards	Set Description	EGY	WORF
=====		===	====
	1 on 30:00 Stomach and Stretch		I
	$3x{1 x 200 on 3:30 Reverse IM drill}$	REC	
	$\{1 \times 50 \text{ on } :50 \text{ Freestyle} \}$	EN1	
	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	
	$\{1 \times 50 \text{ on } : 40 \text{ Freestyle} \}$	EN1	
300		SP3	
	1x{2 x 125 on 2:30 Kick	EN2	F
	{4 x 25 on :45 Kick under water	EN2	F
	{2 x 125 on 2:20 Kick	EN2	F
	{4 x 25 on :45 Kick under water	EN2	
	{2 x 125 on 2:10 Kick	EN2	F
	{4 x 25 on :45 Kick under water	EN2	F
	1x{2 x 200 on 2:45 Pulls	EN1	_
	{2 x 175 on 2:20 Pulls	EN1	E
	{2 x 150 on 1:55 Pulls	EN1	E
	{2 x 125 on 1:30 Pulls	EN1	
400	1 x 400 on 7:00 Individual Medley	EN1	
	$2x{3 x 125 on 2:30 Breast 1st 25 under}$	EN2	
	{3 x 100 on 1:50 Breast 1st 25 under	EN2	
	{3 x 75 on 1:15 Breast 1st 25 under	EN2	
	{3 x 50 on :45 Breast 1st 25 under	EN2	٤
	{1 on :40 Rest		ľ
200	1 x 200 on 3:00 Stroke Drills	REC	Γ
	3:30 PM 6,400 Yards - Stress Value = 98	3	

Workout #1673 - Thursday, 27 December 2001 HighSchl - Boys 1 minute rest between sets

	1:00 PM Start			
Yards	Set Description	EGY	WORK	Sī
=====	=======================================	===	====	==
400	1 x 400 on 7:00 Reverse IM drill	REC	D	1
300	12 x 25 on :30 Berzerks	SP3	S	E
	1x{3 x 100 on 1:30 Pulls	EN1	P	E
	{3 x 100 on 1:25 Pulls	EN1	P	E
	{3 x 100 on 1:20 Pulls	EN1	P	E
	{3 x 75 on 1:10 Pulls	EN1	P	E
	${3 \times 75 \text{ on } 1:05 \text{ Pulls}}$	EN1	P	E
	$\{2 \times 75 \text{ on } 1:00 \text{ Pulls}$	EN1	P	E
	1x{1 x 200 on 3:00 Last 50 fast	EN1	S	E
	{1 x 200 on 3:00 Last 100 fast	EN2	S	E
	$\{1 \times 200 \text{ on } 3:00 \text{ Last } 150 \text{ fast } \}$	EN2	S	E
	$\{1 \times 200 \text{ on } 3:00 \text{ All fast}$	EN2	S	E
	$3x{1 x 150 on 2:00 Freestyle}$	EN2	S	E
	{1 x 150 on 1:50 Freestyle	EN2	S	E
	{1 x 150 on 1:40 Freestyle	EN2	S	E
	$\{6 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	S	E
400	8×50 on 1:00 Stroke Drills	REC	D	C
	2:30 PM 5,650 Yards - Stress Value =	= 77		

Workout #1680 - Friday, 28 December 2001 Group 3 - All

1 minute rest between sets

	11:00 AM Start			
Yards	Set Description	EGY	WORK	٤
	=======================================	===		=
	1 on 30:00 Stomach and Stretch		L	Ι
800	8 x 100 on 2:00 Stroke Drills	REC	D	
300	12 x 25 on :30 Berzerks	SP3	S	
	1 on 15:00 Techniques-Stanford	SP3	S	
800	1 x 800 on 16:00 Vertical Kicking	EN2	K	C
	$1x{5 x 50 on 1:00 Pulls-nbbf&w}$	EN1	P	
	{5 x 50 on :55 Pulls-nbbf&w	EN1	P	
	{5 x 50 on :50 Pulls-nbbf&w	EN1	P	

{ 5	x 50 on :45 Pulls-nbbf&w	EN1	P
1x{2	x 100 on 1:30 Freestyle	EN1	S
{ 2	x 100 on 1:25 Freestyle	EN1	S
{ 2	x 100 on 1:20 Freestyle	EN1	S
1x{4	x 25 on :25 Butterfly	EN2	SF
{ 4	x 100 on 1:30 Individual Medley	EN1	S
{ 4	x 25 on :20 Backstroke	EN2	S
{ 4	x 100 on 1:25 Individual Medley	EN2	S
{ 4	x 25 on :30 Breaststroke	EN2	S
{ 4	x 100 on 1:20 Individual Medley	EN2	S
{ 4	x 25 on :15 Freestyle	EN2	S
{ 4	x 100 on 1:15 Individual Medley	EN2	S
300 6	x 50 on 1:00 Stroke Drills	REC	D
1:30	PM 5,800 Yards - Stress Value =	78	

Workout #1677 - Friday, 28 December 2001 HighSchl - Breast 1 minute rest between sets

	7:00 AM Start		
Yards	Set Description	EGY	WC
=====		===	==
	1 on 40:00 Dryland and stretch		
800	1 x 800 on 15:00 Swim-kick-drill-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
1,200	6x{1 x 100 on 1:45 Kick	EN2	
	{1 x 100 on 2:15 Kick	EN2	
1,500	1x{4 x 125 on 2:50 Pulls	EN1	
	{4 x 125 on 2:45 Pulls	EN1	
	{4 x 125 on 2:40 Pulls	EN1	
250	10×25 on :30 Butterfly	EN1	
1,000	1x{6 x 50 on 1:00 Breaststroke	EN1	
	{5 x 50 on :55 Breaststroke	EN1	
	{4 x 50 on :50 Breaststroke	EN2	
	{3 x 50 on :45 Breaststroke	EN2	
	{2 x 50 on :40 Breaststroke	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	9:30 AM 5,130 Yards - Stress Value = 62		

Workout #1678 - Friday, 28 December 2001 HighSchl - Distance 1 minute rest between sets

Yards		AM Start et Description	EGY	WORK	٤
=====	==		===	====	=
	1	on 40:00 Dryland and stretch		L	Γ
1,000	1	x 1000 on 16:00 Choice	REC	S	
800	4x{1	x 50 on :45 1st 12yds fast	SP3	S	
	{ 1	x 50 on :45 2nd 12yds fast	REC	S	
	{ 1	x 50 on :45 3rd 12yds fast	REC	S	
	{ 1	x 50 on :45 4th 12yds fast	REC	S	
500	1x{1	x 125 on 2:30 Kick	EN2	K	C
	{ 1	x 125 on 2:25 Kick	EN2	K	C
	{ 1	x 125 on 2:20 Kick	EN2	K	C
	{ 1	x 125 on 2:15 Kick	EN2	K	C
2,000	1x{2	x 500 on 7:00 Pulls	EN1	P	
	{2	x 500 on 6:30 Pulls	EN1	P	
600	6	x 100 on 1:30 Freestyle-descend	EN1	S	
1,800	1x{3	x 200 on 2:20 Freestyle	EN2	S	
	{ 3	x 200 on 2:15 Freestyle	EN2	S	
	{ 3	x 200 on 2:10 Freestyle	EN2	S	
450	9	x 50 on 1:00 Stroke Drills	REC	D	
	9.30	AM 7.150 Yards - Stress Value =	78		

Workout #1679 - Friday, 28 December 2001 HighSchl - Fly & Back 1 minute rest between sets

	7:00 AM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 40:00 Dryland and stretch		
800	1 x 800 on 15:00 Reverse IM drill	REC	
180	12 x 15 on :30 Shooters	SP3	
1,250	$1x{4 x 150 on 3:00 Kick w/out a board}$	EN2	
	${3 \times 125 \text{ on } 2:30 \text{ Kick w/out a board}}$	EN2	
	$\{2 \times 100 \text{ on } 2:00 \text{ Kick w/out a board}\}$	EN2	
	$\{1 \times 75 \text{ on } 1:30 \text{ Kick w/out a board}\}$	EN2	
1,200	$3x{1 x 100 on 1:35 Lungbuster pulls}$	EN1	
	{1 x 100 on 1:30 Lungbuster pulls	EN1	
	$\{1 \times 100 \text{ on } 1:25 \text{ Lungbuster pulls}$	EN1	
	{1 x 100 on 1:20 Lungbuster pulls	EN1	
	{ odds br 3-5-7-9		
	{ evens br 2-4-6-8		
300	6 x 50 on :45 Freestyle	EN1	
1,500	$1x{4 x 150 on 2:40 Your Stroke w/ zmmrs}$	EN1	
	{3 x 150 on 2:35 Your Stroke w/ zmmrs	EN1	
	{2 x 150 on 2:30 Your Stroke w/ zmmrs	EN1	
	{1 x 150 on 2:25 Your Stroke w/ zmmrs	EN1	
450	9 x 50 on 1:00 Stroke Drills	REC	
	9:30 AM 5,680 Yards - Stress Value = 63		

Workout #1682 - Friday, 28 December 2001 HighSchl - All 1 minute rest between sets

	2:00 PM	Start					
Yards	Set	Descrip	tion			EGY	WC
	====					===	==
	1 or	1 30:00	Stoma	ach and Stre	etch		
600	1 x	600 on	11:00	O Swim-kick-	-pull-swim	REC	
300	12 >	k 25 on	:30 I	Berzerks		SP3	
	1x{3 x	100 on	2:00	Kick		EN2	
	{4 x	125 on	2:20	Kick		EN2	
	1x{2 x	250 on	3:30	Pulls		EN1	
	{2 x	250 on	3:25	Pulls		EN1	
	{2 x	250 on	3:20	Pulls		EN1	
	10x{1 x	100 on	1:15	Individual	Medley	EN2	
	{1 x	50 on :	35 Fı	reestyle		EN2	
	{1 x	50 on :	50 Fi	reestyle		REC	
300	1 x	300 on	5:00	Stroke Dril	lls	REC	
	4:01 PM	5,500 Y	ards	- Stress Va	alue = 73		

Workout #1681 - Friday, 28 December 2001 HighSchl - Boys

1 minute rest between sets

Yards	1:00 PM Start Set Description	EGY	WOF
	1 on 30:00 Stomach and Stretch		
600	12 x 50 on 1:00 Stroke Drills 3 on E	REC	
	1 on 10:00 Techniques-Stanford		
180	12 x 15 on :30 Shooters	SP3	
	1x{2 x 125 on 2:30 Kick	EN2	
	{2 x 125 on 2:20 Kick	EN2	
	{2 x 125 on 2:10 Kick	EN2	
	{2 x 125 on 2:00 Kick	EN2	
	1x{3 x 200 on 3:00 Pulls	EN1	
	{2 x 200 on 2:45 Pulls	EN1	
	{1 x 200 on 2:30 Pulls	EN1	
	$1x{1 x 300 on 5:00 6strk fr 6 strk back}$	EN1	
	{ 6 strk fly 6 strk br		
	$3x{1 x 75 on 1:20 Freestyle}$	EN1	
	$\{1 \times 75 \text{ on } 1:20 \text{ Butterfly} \}$	EN1	
	$\{1 \times 75 \text{ on } 1:15 \text{ Freestyle} \}$	EN1	
	{1 x 75 on 1:15 Butterflv	EN1	

	{1	x 75 on 1:10 Freestyle	EN1
	{ 1	x 75 on 1:10 Butterfly	EN2
	{ 1	x 75 on 1:05 Freestyle	EN1
	{ 1	x 75 on 1:05 Butterfly	EN2
	1x{1	x 200 on 3:00 Freestyle	EN1
	{ 1	x 200 on 4:00 Butterfly	EN2
450	9	x 50 on 1:00 Stroke Drills	REC
	3:30	PM 5,930 Yards - Stress Value = 68	

Workout #1676 - Friday, 28 December 2001 HighSchl - Rookies 1 minute rest between sets

	7:00 AM Start		
Yards	Set Description	EGY	WOF
		===	===
	1 on 40:00 Dryland and stretch		
600	1 x 600 on 13:00 Swim-kick-pull-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
	1 on 10:00 Techniques-stanford		
800	2x{2 x 100 on 2:30 Kick	EN2	
	{2 x 100 on 2:15 Kick	EN2	
	{ odds fast		
750	$1x{5 x 75 on 1:40 Pulls-nbbf&w}$	EN1	
	$\{5 \times 75 \text{ on } 1:35 \text{ Pulls-nbbf&w} \}$	EN1	
300	6 x 50 on 1:00 Freestyle-des in 3's	EN1	
1,500	$1x{4 x 150 on 3:00 Freestyle}$	EN1	
	{3 x 150 on 2:55 Freestyle	EN2	
	{2 x 150 on 2:50 Freestyle	EN2	
	{1 x 150 on 2:45 Freestyle	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	9:31 AM 4,330 Yards - Stress Value = 58		

Workout #1675 - Friday, 28 December 2001 HighSchl - Sprint 1 minute rest between sets

	7:00 AM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 40:00 Dryland and stretch		I
800	4 x 200 on 4:00 Swim-kick-pull-swim	REC	٤
	1 on 10:00 Techniques-starts		Γ
180	12 x 15 on :30 Shooters	SP3	٤
1,200	1x{4 x 100 on 1:30 Kick with flippers	EN2	F
	{4 x 100 on 1:25 Kick with flippers	EN2	F
	{4 x 100 on 1:20 Kick with flippers	EN2	F
600	12 x 50 on :50 Pulls-nbbf&w	EN1	E
300	12 x 25 on :30 IM order-build	EN1	۶
1,875	1x{3 x 125 on 2:10 Freestyle-descend	EN1	٤
	{3 x 125 on 2:05 Freestyle-descend	EN1	٤
	{3 x 125 on 2:00 Freestyle-descend	EN1	٤
	{3 x 125 on 1:55 Freestyle-descend	EN1	٤
	${3 \times 125 \text{ on } 1:50 \text{ Freestyle-descend}}$	EN1	۶
375	15 x 25 on :30 Stroke Drills	REC	Γ
	9:29 AM 5,330 Yards - Stress Value = 60)	

Workout #1684 - Saturday, 29 December 2001 Group 3 - All

1 minute rest between sets

	11:00 AM Start		
Yards	Set Description	EGY WO	ΟF
=====	=======================================	=== ==	==
	1 on 30:00 Stomach and Stretch		
800	1 x 800 on 15:00 Reverse IM drill	REC	
300	12 x 25 on :30 Berzerks	SP3	
1,000	1x{2 x 125 on 2:30 Kick	EN2	
	{2 x 125 on 2:25 Kick	EN2	
	{2 x 125 on 2:20 Kick	EN2	
	{2 x 125 on 2:15 Kick	EN2	
1,350	$1x{4 x 150 on 2:20 Pulls mid 50 br ev 9}$	EN1	
	{3 x 150 on 2:15 Pulls mid 50 br ev10	EN1	
	{2 x 150 on 2:10 Pulls mid 50 br ev11	EN1	
450	9×50 on :45 Freestyle	EN1	
3,100	$1x{5 x 75 on 1:05 Freestyle}$	EN2	
	$\{5 \times 75 \text{ on } 1:00 \text{ Freestyle}$	EN2	
	$\{5 \times 75 \text{ on } :55 \text{ Freestyle} \}$	EN2	
	$\{1 \times 200 \text{ on } 4:00 \text{ Freestyle}$	REC	
	$\{4 \times 75 \text{ on } 1:00 \text{ Freestyle}$	EN2	
	$\{4 \times 75 \text{ on } :55 \text{ Freestyle} \}$	EN2	
	$\{4 \times 75 \text{ on } : 50 \text{ Freestyle} \}$	EN2	
	{1 x 200 on 4:00 Freestyle	REC	
	${3 \times 75 \text{ on :} 55 \text{ Freestyle}}$	EN2	
	${3 \times 75 \text{ on } :}50 \text{ Freestyle}$	EN2	
	${3 \times 75 \text{ on } :}45 \text{ Freestyle}$	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1:31 PM 7,250 Yards - Stress Value = 10	3	

Workout #1683 - Saturday, 29 December 2001 HighSchl - All

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY WOF
=====		=== ===
	1 on 25:00 Weights	
800	3	REC
300	12 x 25 on :30 Berzerks	SP3
	1x{2 x 125 on 2:30 Kick	EN2
-,	{2 x 125 on 2:25 Kick	EN2
	{2 x 125 on 2:20 Kick	EN2
	{2 x 125 on 2:15 Kick	EN2
1.350	1x{4 x 150 on 2:20 Pulls mid 50 br ev 9	
1,000	{3 x 150 on 2:15 Pulls mid 50 br ev10	
	{2 x 150 on 2:10 Pulls mid 50 br ev11	
450	9 x 50 on :45 Freestyle	EN1
	1x{5 x 75 on 1:05 Freestyle	EN2
3,100	$\{5 \times 75 \text{ on } 1:00 \text{ Freestyle} \}$	EN2
		EN2
	{5 x 75 on :55 Freestyle	REC
	$\{4 \times 75 \text{ on } 1:00 \text{ Freestyle} \}$	EN2
		EN2
		EN2
		REC
	{3 x 75 on :55 Freestyle	EN2
	${3 \times 75 \text{ on } :}50 \text{ Freestyle}$	EN2
	{3 x 75 on :45 Freestyle	EN2
450	9 x 50 on 1:00 Stroke Drills	REC
	9:30 AM 7,450 Yards - Stress Value = 103	3

Workout #1689 - Monday, 31 December 2001 Group 3 - All

1 minute rest between sets

	11:00 AM Start		
Yards	Set Description	EGY	WORF
=====	=======================================	===	====
	1 on 30:00 Stomach and Stretch		I
800	$1 \times \{1 \times 200 \text{ on } 4:00 \text{ Swim-kick-pull-swim}\}$	REC	ç

	{ 1	Х	200	on	3:45	Swim-kick-pull-swim	REC	٤
	{ 1	Х	200	on	3:30	Swim-kick-pull-swim	REC	٤
	{ 1	Х	200	on	3:15	Swim-kick-pull-swim	REC	٤
300	12	2 2	k 25	on	:30	Berzerks	SP3	٤
900	3x{1	Х	150	on	3:00	Kick	EN2	F
	{ 1	Х	100	on	2:00	Kick	EN2	F
	{ 1	Х	50 0	on 1	L:00	Kick	EN2	
100	1	Х	100	on	2:00	Kick for time	EN2	F
1,350	1x{6	Х	75 (on 1	L:10	Pulls	EN1	
	{ 6	Х	75 (on I	L:05	Pulls	EN1	E
	{ 6	Х	75 (on 1	L:00	Pulls	EN1	Ε
400	4	Х	100	on	1:45	Individual Medley	EN1	٤
3,300	1x{1	Х	500	on	6:30	Freestyle	EN2	
	{ 3	Х	200	on	2:25	Freestyle	EN2	٤
	{ 1	Х	500	on	6:20	Freestyle	EN2	٤
	{ 3	Х	200	on	2:20	Freestyle	EN2	٤
	{ 1	Х	500	on	6:10	Freestyle	EN2	٤
	{ 3	Х	200	on	2:15	Freestyle	EN2	٤
300	1	Х	300	on	5:00	Stroke Drills	REC	Γ
	1:30	PN	17,4	450	Yard	s - Stress Value = 1	14	

Workout #1688 - Monday, 31 December 2001 HighSchl - Breast 1 minute rest between sets

	7:00 AM Start		
Yards	Set Description	EGY	WC
=====	=======================================	===	==
	1 on 40:00 Dryland and stretch		
800	1 x 800 on 15:00 Swim-kick-drill-swim	REC	
180	12 x 15 on :30 Shooters	SP3	
900	6x{1 x 100 on 1:45 Kick	EN2	
	{1 x 50 on 1:15 Kick 100%	EN2	
900	12 x 75 on 1:45 Pulls	EN1	
400	4 x 100 on 1:45 Individual Medley	EN1	
1,750	$2x{1 x 200 on 4:00 Breaststroke}$	EN1	
	{1 x 175 on 3:15 Breaststroke	EN1	
	{1 x 150 on 2:40 Breaststroke	EN2	
	{1 x 125 on 2:10 Breaststroke	EN2	
	{1 x 100 on 1:40 Breaststroke	EN2	
	{1 x 75 on 1:10 Breaststroke	EN2	
	{1 x 50 on :45 Breaststroke	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
	9:30 AM 5,230 Yards - Stress Value = 66		

Workout #1690 - Monday, 31 December 2001 HighSchl - Distance 1 minute rest between sets

	1:00 PM Start			
Yards	Set Description	EGY	WORK	STK
=====	=======================================	===	====	===
	1 on 40:00 Dryland and stretch		L	DRY
800	1 x 800 on 13:00 Stroke Drills	REC	D	FR
180	12×15 on :30 Shooters	SP3	S	FR
2,400	$1x{2 x 400 on 5:30 Pulls}$	EN1	P	FR
	{2 x 400 on 5:15 Pulls	EN1	P	FR
	$\{2 \times 400 \text{ on } 5:00 \text{ Pulls}$	EN1	P	FR
	{ all with paddles			
400	8 x 50 on :50 25 free 25 fly	EN1	S	CMB
3,000	$1x{1 x 500 on 6:30 Freestyle}$	EN2	S	FR
	$\{2 \times 250 \text{ on } 3:15 \text{ Freestyle} \}$	EN2	S	FR
	$\{1 \times 500 \text{ on } 6:15 \text{ Freestyle} \}$	EN2	S	FR
	$\{2 \times 250 \text{ on } 3:05 \text{ Freestyle} \}$	EN2	S	FR
	$\{1 \times 500 \text{ on } 6:00 \text{ Freestyle} \}$	EN2	S	FR
	$\{2 \times 250 \text{ on } 3:00 \text{ Freestyle} \}$	EN2	S	FR
450	9×50 on 1:00 Stroke Drills	REC	D	CD
	3:30 PM 7,230 Yards - Stress Value	9 = 9	95	

Workout #1687 - Monday, 31 December 2001 HighSchl - Fly & Back 1 minute rest between sets

HighSchl - Sprint 1 minute rest between sets

	7:00 AM Start		
Yards	Set Description	EGY	WORK
	=======================================	===	====
	1 on 40:00 Dryland and stretch		L
800	4 x 200 on 3:30 Reverse IM drill	REC	D
180	12 x 15 on :30 Shooters	SP3	S
1,200	1x{4 x 100 on 1:40 Kick with flippers	EN2	K
	{4 x 100 on 1:35 Kick with flippers	EN2	K
	{4 x 100 on 1:30 Kick with flippers	EN2	K
1,200	12 x 100 on 1:30 Pulls-nbbf&w	EN1	P
300	12 x 25 on :30 IM order-build	EN1	S
2,000	4x{1 x 100 on 1:30 Your Stroke	EN2	S
	{1 x 100 on 1:30 Freestyle	EN1	S
	{1 x 75 on 1:05 Your Stroke	EN2	S
	$\{1 \times 75 \text{ on } 1:05 \text{ Freestyle} \}$	EN1	S
	{1 x 50 on :45 Your Stroke	EN2	S
	$\{1 \times 50 \text{ on } : 45 \text{ Freestyle} \}$	EN1	S
	{1 x 25 on :20 Your Stroke	EN2	S
	$\{1 \times 25 \text{ on } : 20 \text{ Freestyle}$	EN2	S
500	4 x 125 on 1:50 100 free 25 stroke	EN2	S
	descend		
200	1 x 200 on 3:00 Stroke Drills	REC	D
	9:31 AM 6,380 Yards - Stress Value = 8	37	

Yards	7:00 AM Start Set Description	EGY	WOF
=====		===	===
	1 on 40:00 Dryland and stretch		
800	1x{1 x 200 on 4:00 Swim-kick-pull-swim	REC	
	{1 x 200 on 3:45 Swim-kick-pull-swim	REC	
	{1 x 200 on 3:30 Swim-kick-pull-swim	REC	
	{1 x 200 on 3:15 Swim-kick-pull-swim	REC	
200	10×20 on :45 Run and dive	SP3	
1,000	10x{1 x 50 on :45 Kick	EN2	
	{1 x 50 on 1:15 Kick	EN1	
1,350	1x{6 x 75 on 1:15 Pulls	EN1	
	{6 x 75 on 1:10 Pulls	EN1	
	{6 x 75 on 1:05 Pulls	EN1	
	{ no breath last 25yds		
1,600	$8x\{1 \times 50 \text{ on } 1:00 \text{ Freestyle}$	EN1	
	$\{1 \times 50 \text{ on } :50 \text{ Freestyle} \}$	EN1	
	$\{1 \times 50 \text{ on } : 40 \text{ Freestyle} \}$	EN2	
	{1 x 50 on :30 Freestyle	EN2	
500	20 x 25 on :30 Freestyle	EN1	
	evens 100% effort		
300	1 x 300 on 5:00 Stroke Drills	REC	
	9:29 AM 5,750 Yards - Stress Value = 64		

Workout #1691 - Monday, 31 December 2001 HighSchl - All

1 minute rest between sets

	2:00 PM Start		
Yards	Set Description	EGY	WOF
=====	=======================================	===	===
	1 on 30:00 Stomach and Stretch		
600	1 x 600 on 11:00 Swim-kick-pull-swim	REC	
300	12 x 25 on :30 Berzerks	SP3	
	1x{6 x 75 on 1:30 Kick	EN2	
	{6 x 75 on 1:20 Kick	EN2	
	1x{3 x 125 on 1:45 Pulls	EN1	
	{3 x 125 on 1:40 Pulls	EN1	
400	4 x 100 on 1:45 Individual Medley	EN1	
1,800	12 x 150 on 2:15 Free des in 3's	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
	4:00 PM 5,050 Yards - Stress Value = 78		

Workout #1685 - Monday, 31 December 2001 HighSchl - Rookies 1 minute rest between sets

Yards	7:00 AM Start Set Description	EGY	WOF
	1 40:00 0+		
0.00	1 on 40:00 Stomach and Stretch		
800	1 x 800 on 16:00 Swim-kick-pull-swim		
180	12 x 15 on :30 Shooters	SP3	
900	1x{6 x 50 on 1:20 Kick	EN2	
	{6 x 50 on 1:10 Kick	EN2	
	{6 x 50 on 1:00 Kick	EN2	
2,000	2x{1 x 400 on 7:30 Pulls	EN1	
	{1 x 300 on 5:30 Pulls	EN1	
	{1 x 200 on 3:35 Pulls	EN1	
	{1 x 100 on 1:45 Pulls	EN1	
800	$1x\{8 \times 25 \text{ on } : 45 \text{ Freestyle}$	EN1	
	$\{8 \times 25 \text{ on } : 35 \text{ Freestyle}$	EN1	
	$\{8 \times 25 \text{ on } : 30 \text{ Freestyle}$	EN1	
	$\{8 \times 25 \text{ on } : 25 \text{ Freestyle}$	EN2	
300	6 x 50 on 1:20 Stroke Drills	REC	
	9:31 AM 4,980 Yards - Stress Value = 55		